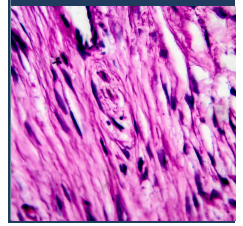


RESOURCE GUIDE

An [ACT]IVATED patient is informed, empowered, and engaged in their care.

- Get information about choosing a gynecologic oncologist or specialized treatment center
- Talk with family and friends about how you feel and how they can help you
- Find out what your insurance covers
- Bring a loved one to appointments to help digest information and to ask questions
- Talk openly with your doctor about your fears or concerns, particularly around sexual health
- Determine if financial assistance is available

Endometrial Cancer Cells



STAGES OF ENDOMETRIAL CANCER & TREATMENTS

- **Stage I:** Cancer is found only in the uterus. It has not spread to the cervix. Typically no need for treatment
- **Stage II:** The cancer has spread from the uterus to the cervix, but it has not gone any farther. Radiation treatment is often used at this stage
- **Stages III and IV:** The cancer has spread outside of the uterus but not outside the pelvic area or to the bladder or rectum. At stage IV, it has spread to the bladder or rectum and/or to other body parts outside the pelvis, like the abdomen or lungs. A combination of chemotherapy and radiation are used for treatment. A recent study from SGO 2023 showed that in up-front patients with advanced endometrial cancer, whether they are treated with systemic chemotherapy versus systemic chemotherapy and radiation, patients did equally well with just chemotherapy alone without the addition of radiation. This reinforces the fact that there should be tailored discussion with a radiation oncologist before making treatment decisions.

OTHER TREATMENTS FOR ENDOMETRIAL CANCER

- **Surgery:** the number one mode of treatment. The first thing that doctors want to do is actually remove the cancer. It helps in diagnosis, staging, and treatment decisions.
- **Hormonal therapy:** particularly used on patients who may have a recurrence that do not have symptoms and are looking for an option with minimal side effects
- **Clinical trials:** Be sure to ask your doctor about trials or if you can travel to participate in a trial
- **Immunotherapy:** In a recent study from 2023 SGO, immunotherapy improved progression-free survival in patients with metastatic or advanced endometrial cancer. It even showed improvement in overall survival. Doctors are saying this is a big deal, because now they can offer not just chemotherapy but immunotherapy upfront, meaning improved progression-free survival and possibly overall survival.

ENDOMETRIAL CANCER EXPERT TIPS

[ACT]IVATION TIP: "Ask your doctor, 'What is the role of surgery in my treatment, and what are the modes of surgery (minimally invasive surgery, exploratory laparotomy surgery, etc.)?' - Dr. Ebony Hoskins

[ACT]IVATION TIP: "When you're newly diagnosed with endometrial cancer, ask your doctor if they are going to send your tumor for next-generation sequencing or if they will be looking at the tumor for more information about targets that could be used for treatment?" - Dr. Ebony Hoskins

[ACT]IVATION TIP: "When deciding on treatments, be sure you ask the right questions in terms of 'How effective is this treatment that you're recommending? Do you think it's worth the side effects? Is my quality of life going to be affected? Can I still travel?'" - Dr. Ebony Hoskins

[ACT]IVATION TIP: "If you feel like your concerns are not being addressed or your doctor is dismissive to you, you can see another provider or seek alternate care. I think it's very important that patients have a doctor that they trust and feel like they can ask questions." - Dr. Ebony Hoskins

[ACT]IVATION TIP: "If you are uninsured or underinsured, ask your hospital or a cancer center if there any resources or programs that can help. Even for medications, some of the manufacturers have programs that pay for medications." - Dr. Ebony Hoskins

ENDOMETRIAL CANCER FACTS

- The most common warning sign for endometrial cancer is abnormal vaginal bleeding
- Women between the ages of 50 and 70 are at increased risk
- Most endometrial cancer cases are diagnosed by taking a biopsy of the uterine lining

ENDOMETRIAL CANCER RESOURCES

- [ACCC](#)
- [CancerCare](#)
- [Cancer Grace](#)
- [Family Reach](#)
- [Triage Cancer](#)
- [Cancer Support Community](#)
- [Foundation for Women's Cancers](#)
- [ECANA: Endometrial Cancer Action Network for African-Americans](#)