

[ACT]IVATION TIPS

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

[ACT]IVATION TIP: "Ask your doctor about if you're eligible for clinical trials, what your cancer mutational or genetic code is that might make you eligible for certain clinical trials, and where those trials are offered, if it's at the health system that you are seeking care, or if it's at a nearby health system, if you're able and willing to travel." - Dr. Charlotte Gamble

[ACT]IVATION TIP: "For patients who are receiving care within a general medical oncology practice, a very good question to ask their medical oncologist would be, *are you in contact or how closely do you work with gynecologic oncologists in terms of taking care of patients with gynecologic cancers?* Because traditionally, medical oncologists might not receive the depth of education in gynecologic cancers that gynecological oncologists actually need to go through and that patients deserve. I have worked with several medical oncologists who are absolutely wonderful, but it is a close partnership that we are making these plans together and they understand the gynecological oncology literature and I'm able to guide those therapies for my patients." - Dr. Charlotte Gamble

[ACT]IVATION TIP: "Obesity is a known risk factor for endometrial cancer. So working with your primary care physician to try to improve your health more generally, especially as it surrounds weight, is really important in terms of endometrial cancer prevention." - Dr. Emily Hinchcliff

[ACT]IVATION TIP: "I tell my patients I'll take care of all the medical stuff, I'll do the surgery, and I'll run the chemotherapy, and me and my nurse navigator will be able to handle all the medical things. And so you don't need to worry about that. But the psychological, mental and emotional burden this takes is going to be something that is really going to be much more in your control as you get through this. Finding your support structures and making them, making sure they're involved from the very start is very, very critical." -Dr. Charlotte Gamble

[ACT]IVATION TIP: "The healthier a patient is when they're diagnosed, the stronger they are through their treatments, the better able that they're able to maintain their nutrition and as, moderate amount of exercise during their treatments, the better they are able to get through their treatments in a timely fashion." - Dr. Charlotte Gamble

[ACT]IVATION TIP: "I always encourage patients, and when I meet with them for the first time, I ask them, who is your main support person? And if they're not here right now, let's actually get them on the phone. They need to be involved from the start to understand this hurdle that you're going to be going through over the next several months." - Dr. Charlotte Gamble

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SOCIAL DETERMINANTS OF HEALTH AND ENDOMETRIAL CANCER

- **Gender**
 - **Women:** tend to downplay own healthcare and well-being so have delays in seeking access to care, which leads to diagnosing cancer at later stages
 - **Transgender community:** barriers to access gynecologic care and stigma associated
- **Insurance Barriers**
 - Care for uninsured patients is often delayed
 - Even insured patients may have large copays or treatments may not be covered
- **Location Barriers**
 - May not be able to travel to NCI designated cancer or specialist center
 - Cannot travel to center to complete therapies on time
- **Access to Healthy Food /Ability to Have Healthy Lifestyle**
 - Endometrial cancer occurs more frequently in patients who are overweight or have elevated BMIs. Lifestyle changes to address cardiovascular health are recommended, but a patient may not be able to afford or have access to healthy food or have time or space to exercise

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QUESTIONS TO ASK ABOUT PERSONALIZED CARE

- Considering my personal tumor characteristics, what drug or treatment is more suitable for people like me, and why?
- Given the emergence of new targeted therapies, how often should we repeat genomic testing to stay informed about potential treatment options?
- How will we assess whether the targeted therapy is effective? If needed, how quickly might we adjust treatment regimens or doses based on my response?

ENDOMETRIAL CANCER RESOURCES

- [Cancer Support Community](#)
- [Foundation for Women's Cancers](#)
- [ECANA: Endometrial Cancer Action Network for African-Americans](#)
- [ACCC](#)
- [CancerCare](#)
- [Society of Gynecologic Oncology - Resources for Patients](#)
- [National Cancer Institute](#)