

## REMOVING BARRIERS TO CARE

- Advocate for genetic testing and/or clinical trials for you or your loved one. Ask if either may be covered by insurance or patient assistance programs.
- Connect with social workers, patient navigators, or case managers who can connect you to resources that may help you or your loved one. If you are facing a certain obstacle, bring it up to your provider so they can bring in the appropriate support or resources to help mitigate this.
- Don't be afraid to ask questions about your disease, test results, and treatment options. This will help improve your health literacy and help ensure you are getting the most personalized treatment plan.

## [ACT]IVATION TIPS

**[ACT]IVATION TIP:** "Be an advocate for yourself. Don't ignore symptoms. If the symptoms are persistent and you're worried about something that's driving this, work with your primary care physician or your provider to make sure you're referred to the appropriate clinician who can help work you up, evaluate you, and ultimately guide a diagnosis and management." - Dr. Ramez Eskander

**[ACT]IVATION TIP:** "Ask the right questions. Make sure that you understand your treatment options for every stage of your disease. It is never too early to talk to your clinician or provider about clinical trial opportunities. It is never too early to talk to your provider about what systemic or chemotherapeutic or targeted therapies are available to you if you do recur so that you can begin to make informed decisions and plan towards management of these cancers." - Dr. Ramez Eskander

**[ACT]IVATION TIP:** "Ask questions of your provider. Understand, did you have genetic testing? Did you have molecular tumor testing? And do the results of that genetic or molecular tumor testing impact the treatment recommendations for maintenance therapy? I want to make sure everybody feels empowered to ask those questions and have those answers." - Dr. Ramez Eskander

**[ACT]IVATION TIP:** "Make sure you're asking appropriate questions and that you're educated about treatment-related side effects as they relate to PARP inhibitors. Understand that dose interruptions or dose reductions are an expected part of treatment with really any anti-cancer directed therapy, including PARP inhibitors, with a goal to keep you on therapy, because you're benefiting from this treatment." - Dr. Ramez Eskander

**[ACT]IVATION TIP:** "For patients who are not confident with a diagnosis, I am a strong advocate of second opinions. I'm a strong advocate of patients asking if the pathology was reviewed by someone who's experienced in gynecologic pathology to make sure that there is a concordance, there's a consistency and confidence in the diagnosis." - Dr. Ramez Eskander

**[ACT]IVATION TIP:** "Don't be afraid to ask questions. Try to determine what resources might be available to assist if you are facing particular obstacles to help mitigate some of the barriers that may impact treatment in this era." - Dr. Ramez Eskander

**[ACT]IVATION TIP:** "Be informed. Explore your options and opportunities. There are strategies that are available to you both on the Internet, publicly available, but also through colleagues, friends, and a network that you can build through support groups, even at your institutions. It's never too early to ask about clinical trials so that you can make sure you're educated and informed as you look to make decisions." - Dr. Ramez Eskander

## CHECKLIST

- 1. **Activate Your Care During Your Initial Appointment.** Discuss diagnosis, stage, and treatment options.
- 2. **Establish Your Treatment Team.** Find treatment centers experienced with treating gynecologic with an individualized approach.
- 3. **Maintain Open Communication.** Discuss fears and concerns openly. Do not hesitate to seek 2nd or 3rd opinions.
- 4. **Research Financial Support.** Explore financial assistance options as well as other community financial support options.
- 5. **Explore Clinical Trials.** Discuss your suitability with your doctor to weigh benefits and risks.
- 6. **Seek Emotional Support.** Talk openly with loved ones, consider talk therapy, and connect with relevant support groups.
- 7. **Strive for a Healthy Lifestyle.** Maintain a balanced diet, moderate exercise, and stress management.
- 8. **Stay Informed.** Learn about your cancer through trusted resources, ask questions, and remain updated on advancements.

## RESOURCES

[Patient Empowerment Network](#)  
[American Cancer Society](#)  
[CancerCare](#)  
[Cancer Support Community](#)  
[Clinicaltrials.gov](#)  
[Clarity Foundation](#)  
[Endometrial Cancer Foundation](#)  
[ECANA](#)  
[FORCE](#)  
[Foundation for Women's Cancer](#)  
[National Comprehensive Cancer Network](#)  
[National Ovarian Cancer Coalition](#)  
[Ovarian Cancer Research Alliance](#)  
[Ovarian Cancer Project](#)  
[Society of Gynecologic Oncology](#)

## FACTS

- Endometrial cancer is the most common cancer of the reproductive organs among American women and anyone who menstruates.
- About 46,000 new cases of endometrial cancer are diagnosed every year in the United States.
- Most people with endometrial cancer are diagnosed after menopause, although some women develop the disease earlier, around the time menopause begins.
- A woman's risk of getting ovarian cancer during her lifetime is about 1 in 87. Women whose family members have had ovarian cancer have an increased risk for this disease. The most significant risk factor is inheriting a genetic mutation such as BRCA1 or BRCA2.
  - Hereditary breast and ovarian cancer (HBOC) syndrome is caused by BRCA1 and BRCA2 mutations and is about 10 times more common in women of Ashkenazi Jewish descent.