



The initiative to help end the silence around endometrial cancer

WHAT IS ENDOMETRIAL CANCER (EC)?

Found in the lining of the uterus, EC accounts for 90% of uterine cancer diagnoses. Uterine cancer is the 4th most frequently diagnosed cancer for women in the U.S. Diagnoses and deaths from this type of cancer are on the rise across ethnicities—with greater incidence rate increases seen across Native American/Alaska Native, Black, Asian/Pacific Islander and Hispanic communities.

Too often, women with EC have reported their symptoms were stigmatized and dismissed—even though diagnoses and deaths from this type of uterine cancer are on the rise, and it remains under recognized. Together we can help empower people across generations and cultures to spot the potential signs early, speak up and take action.

SPOT THE SIGNS

Some common symptoms may include:

PREMENOPAUSAL: Irregular or heavy bleeding, pelvic pain or pressure

POSTMENOPAUSAL: Vaginal bleeding or brownish discharge, pelvic pain or pressure

Symptoms common in later stages of EC can include feeling a mass and/or losing weight without trying. Less common symptoms include difficult or painful urination and/or pain during intercourse. These symptoms could be easily overlooked or mistaken for other conditions, so it's important to speak with a doctor as soon as any symptoms of concern arise.

The above list does not contain all of the potential symptoms, and they may not be indicative of EC. If you have already been diagnosed with EC, talk with your doctor about any change in symptoms.

WHAT RISK FACTORS SHOULD I BE AWARE OF?

Your risk of EC could be higher with age, obesity, a history of irregular periods, PCOS (polycystic ovarian syndrome) and inherited conditions such as Lynch syndrome. Symptoms and risk factors of EC could be overlooked or mistaken for other conditions, so it's important to talk about your concerns with a health care professional.

Increasing awareness about the potential signs and risk factors is especially important for Black women, as they are more often diagnosed at a later stage and with more aggressive forms of uterine cancer compared to other ethnicities.

Visit SpotHerforEC.com to learn more about which types of health care professionals can help identify your risk factors or diagnose endometrial cancer.



PUT YOUR HEALTH FIRST



Learn about your family health history



Know your body, and document symptoms as they happen



Visit your gynecologist regularly

After menopause, talk to your gynecologist about how often you should visit, and be sure to take any risk factors you may have into account when determining the frequency of visits.

Here are a few different guides to help you clearly communicate your concerns with your doctor:

“I’ve already gone through menopause, but I’ve been experiencing [heavy / light / very light] [abnormal bleeding / spotting / brownish discharge] of _____ color for the past ____ [weeks / months].”

“I know I have a higher risk of developing endometrial cancer because of my [PCOS (polycystic ovarian syndrome) / Lynch syndrome / family or personal medical history of breast, uterine or colon cancer]. Can you help me fully understand my inherited risk for endometrial cancer?”

“I’ve been diagnosed with endometrial cancer, and I know it’s important to monitor for changes in my symptoms. To stay on top of my care plan, can we plan out a schedule for my next follow-up appointments or tests?”

SUPPORT A LOVED ONE

Listen, be an advocate and share this resource to put their health first. Keep having open conversations about symptoms and encourage visits to the doctor. Together, we can Spot Her.



Visit SpotHerforEC.com to learn more



SPOT HER IS BROUGHT TO YOU BY:

