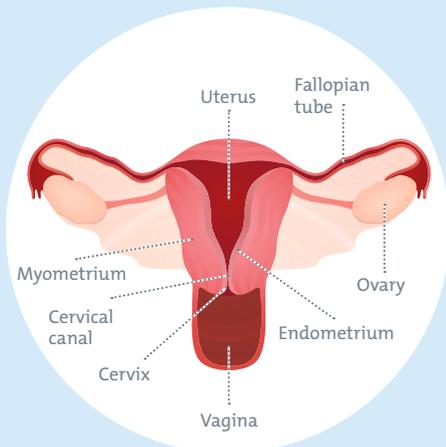




What is uterine cancer?

Cancer of the uterus is a type of gynaecological cancer. Uterine cancer grows from abnormal cells in the lining of the uterus (the endometrium) or the muscle layer (the myometrium). There are two main types of uterine cancer:

- 1. Endometrial cancer which begins in the lining of the uterus.*
- 2. Uterine sarcoma which is less common and grows in the myometrium.*



Signs and symptoms

It is natural and common for changes to occur to your body as you age. We encourage you to recognise what is normal for your body and, if changes are persistent, speak with your GP.

Uterine cancer symptoms can include:

- > bleeding or spotting post-menopause
- > abdominal pain
- > abdominal bloating
- > abnormal vaginal discharge
- > heavier periods than usual
- > difficulty urinating
- > pain during intercourse.

Common tests used to diagnose uterine cancer

Physical examination

Your GP or specialist may perform a general physical examination to understand your current health. This may include an internal pelvic examination.

Blood test

Your doctor may order several blood tests to check your overall health and to detect proteins produced by cancer cells. These proteins are called tumour markers.

Ultrasound

An ultrasound may be one of the first tests following a blood test and physical exam. Your doctor may recommend an abdominal and/or a transvaginal ultrasound.

Abdominal ultrasound

The sonographer moves a small device (transducer) over your abdominal area.

Transvaginal ultrasound

A small transducer wand is inserted into the vagina to provide a clearer picture of both ovaries, uterus, bladder and bowel.

Fluid aspiration

A fine tube is placed into the abdomen to collect fluid which is checked under a microscope for cancer cells. A local anaesthetic is given to avoid pain.

Hysteroscopy and biopsy

A biopsy will allow your care team to confirm whether you have uterine cancer. Tissue samples are taken and looked at under a microscope to determine if cancer cells are present.

Treatment options

Depending on the stage of your cancer, your care team may recommend surgery, chemotherapy or hormone therapy. Some cancers are cured with surgery alone and others require a combination of treatments.

Surgery

Types of uterine cancer surgery:

Total hysterectomy

A surgery to remove the uterus, including the cervix. Depending on where the cancer has grown, the fallopian tubes and ovaries may also be removed. This is the most common surgical procedure for treating uterine cancer.

Radical hysterectomy

A more extensive surgery involving removal of the uterus, cervix, the upper part of the vagina, and the tissues around these structures. This procedure is typically reserved for cases of advanced uterine cancer.

Lymphadenectomy

Involves removal of the lymph nodes from the pelvis and abdomen to check if the cancer has spread beyond the uterus. This surgery is often done at the same time as a hysterectomy.

Radiotherapy

Radiotherapy is the use of radiation (X-rays) to kill or injure cancer cells.

Chemotherapy

Chemotherapy is a common form of treatment involving the use of anti-cancer drugs to kill or slow the growth of cancer cells. Chemotherapy is often used alongside other treatments such as radiotherapy and surgery.

Targeted therapy

Targeted therapies involve drugs that target features of cancer cells to stop them growing. It may be recommended for some types of uterine cancer.

Your care team

Throughout your uterine cancer journey, your team involves a gynaecological oncologist and nursing and allied health staff. You may also see other specialists, such as a medical oncologist or radiation oncologist.

Your care team is here to provide you with comprehensive treatment, access to talented, caring specialists and support for you, and your family, during this challenging time.

Why choose Epworth for cancer care?

No one wants to experience cancer. *Our goal is to support you.*

You can expect a trusted specialist who will listen to your concerns and discuss the latest treatment options available for you to choose from. You will receive care in comfortable, nurturing spaces where your loved ones can be a part of your journey.

Your own team of experts – doctors, nurses and allied health professionals – will focus on your wellbeing. **Ask your GP for a referral to Epworth.**

The uterine cancer pathway at Epworth

Information to help you feel prepared for your next steps.

> Symptoms

Speak to your GP if you experience symptoms of uterine cancer.

> Diagnosis

Your GP can refer you to Epworth to access several diagnostic tests to investigate uterine cancer.

> Treatment

At Epworth, our specialised Gynaecology Cancer Centre will provide you with a team of experts who work together to create a treatment plan that considers your needs and circumstances.

> Rehabilitation

Holistic rehabilitation programs are available before, after or during treatment, tailored to your individual needs.

> After treatment

Epworth patients in remission from uterine cancer may need follow-up appointments.

Choose your Epworth uterine cancer specialist



Click
or scan the
QR code



- > Gynaecological oncologists
- > Medical oncologists
- > Radiation oncology service

Epworth locations for cancer care

We are Victoria's largest not-for-profit private hospital group, renowned for excellence in diagnosis, treatment, care and rehabilitation. You will find specialist wards, imaging, pathology, and more, all onsite.

Get access to:

- > Your choice of specialist and location.
- > Timely screening, investigation and diagnosis.
- > Treatment (including surgery, chemotherapy, radiation therapy, targeted treatment and clinical trials).
- > Modern inpatient and day oncology facilities.
- > Multidisciplinary care with experts across specialties.

Epworth Eastern

1 Arnold Street
Box Hill VIC 3128
Phone 03 8807 7100

Epworth Freemasons

109 Albert Street
East Melbourne VIC 3002
Phone 03 9483 3833

Epworth Geelong

1 Epworth Place
Waurm Ponds VIC 3216
Phone 03 5271 7777

Epworth Richmond

89 Bridge Road
Richmond VIC 3121
Phone 03 9426 666

To become an Epworth patient, ask your GP for a referral to an Epworth specialist.



For more information about uterine cancer visit epworth.org.au/oncology