



Endometrial Cancer

Cancer of the endometrium (lining of the uterus) is the most common cancer of the female genital tract. It usually occurs in the post menopausal years between ages 50-75. It may also occur during the perimenopause (ages 45-50) and occasionally younger.

The most common symptom of endometrial or uterine cancer is post-menopausal bleeding.

This risk of endometrial cancer is higher with estrogen excess in conditions such as:

- Obesity
- Diabetes
- High blood pressure
- Excess estrogen
- Alcohol ingestion
- Anovulation causing infrequent periods
- Polycystic ovaries
- An early onset of menstrual periods and a
- Late menopause.
- No children
- Estrogen only hormone replacement.
- Excessive alcohol use

Taking cyclic or continuous progesterone prevents uterine hyperplasia and uterine cancer in women with excess estrogen. For this reason, progesterone replacement is added to estrogen replacement therapy for women with an intact uterus (no hysterectomy).

Diagnosis of uterine cancer can be aided by vaginal ultrasound, endometrial biopsy, hysteroscopy or dilation and curettage of the uterus (D&C).

Treatment of uterine cancer is usually surgical removal of the uterus, tubes and ovaries. Lymph nodes from the pelvis and around the aorta are also removed and tested for the cancer. If the cancer has spread outside the uterus, some patients may need post-operative chemotherapy or radiation therapy.