

# SPOT HER

An initiative to end the silence around endometrial cancer—for our mothers, our aunts, our sisters, our friends, and ourselves.

## WHAT IS ENDOMETRIAL CANCER?

Found in the lining of the uterus, endometrial cancer is the most common type of uterine cancer. Even though diagnoses and deaths from this type of uterine cancer are on the rise, it remains under-recognized.

Too often, women with endometrial cancer have reported that their symptoms were stigmatized and dismissed. But together we can educate, support, and build strength through community.

## SPOT THE SIGNS

Recognizing and voicing “below the belt” symptoms may help end the stigma around endometrial cancer. Some common symptoms may include:\*

**PREMENOPAUSAL:** Irregular or heavy bleeding, pelvic pain or pressure

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

If you have already been diagnosed with endometrial cancer, talk with your doctor about any change in symptoms.

\*These do not include all the potential symptoms and are not necessarily indicative of endometrial cancer.

## WHAT ARE SOME RISK FACTORS FOR ENDOMETRIAL CANCER?

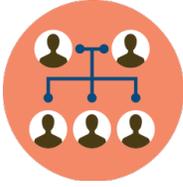
Your risk of endometrial cancer could be higher with age, obesity, a history of irregular periods, PCOS (polycystic ovarian syndrome), and inherited conditions like Lynch syndrome. Symptoms and risk factors of endometrial cancer could be overlooked or mistaken for other conditions, so it’s important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

- Primary care doctor: performs regular check-ups
- Gynecologist: specializes in the health of women and the female reproductive system
- Genetic counselor: provides information on how genetic conditions might affect you or your family

**Based on your symptoms, health history and/or risk factors you may have, a test or procedure may be done by your doctor to confirm a diagnosis.**



## BE AN ADVOCATE



Learn about your family health history



Know your body, and document symptoms as they happen



Visit your gynecologist regularly. After menopause, talk to your doctor about how often you should visit your gynecologist

## USE DIRECT LANGUAGE

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 / discharge] of \_\_\_\_\_ color for the past \_\_\_\_ weeks/months.”

“**I understand that I may 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, advocate, and put her health first. Keep having open conversations about symptoms, and encourage a doctor’s visit if she needs one. Together, we can Spot Her.



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