

Supporting self-management and living well

This resource is for women who have completed treatment for low-risk endometrial cancer. It provides general information and guidance on living well following treatment.

What might I experience after completing treatment?

Some women experience side effects and issues that continue after the completion of treatment for endometrial cancer, some of which may occur months or even years later.

Some of the side effects or issues that you may experience after treatment include:

- ▶ hormonal effects, including issues with fertility and early menopause
- ▶ effects on sexual function, such as vaginal dryness and pain during sex
- ▶ problems with nutrition/weight management
- ▶ hair loss and other changes in appearance
- ▶ restricted mobility (or movement)
- ▶ tiredness or fatigue
- ▶ problems with bladder and bowel function
- ▶ feeling anxious, isolated or depressed
- ▶ changes in memory, attention and concentration
- ▶ financial or employment issues (such as loss of income or costs of treatment, travel and accommodation)
- ▶ lower leg lymphoedema (swelling of the legs) which can affect mobility (unlikely following treatment for low-risk endometrial cancer).

If you experience any side effects, including ones that are not listed here, it is important that you speak with your primary care practitioner/s (General Practitioner (GP) and primary health care nurse) as they will be able to provide support and advice and a referral to another service or health professional if required.

What can I do to live well after endometrial cancer?

There are a number of other medical issues or diseases that can occur alongside endometrial cancer. These are known as co-morbidities and they may impact on your wellbeing after endometrial cancer.

Being overweight or obese is a common co-morbidity among people with endometrial cancer. Diabetes, cardiovascular disease and high blood pressure are some other common co-morbidities.

Managing co-morbidities has the potential to improve your health and wellbeing following treatment for endometrial cancer.