**Shared follow-up and survivorship care for low-risk endometrial cancer**

**Supporting self-management and living well**

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| This resource is for women who have completed treatment for low-risk endometrial cancer. It provides general 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).

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| **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.

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