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 team (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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How can I maintain my health and wellbeing?

Here are some simple recommendations to help you maintain your overall health and wellbeing. Discuss with your primary care team ways to develop lifestyle changes through a balanced diet, exercise and any other ongoing or new issues that concern you.

| Maintain a healthy weight | – achieve and maintain a healthy body weight (Body mass index (BMI) range of 18.5 to 25 kg/m²)  
|                          | – achieve and maintain a waist circumference of below 80 cm (for women) |
| Develop healthy eating habits | – aim for five serves of vegetables and two serves of fruit every day  
|                                | – eat foods high in fibre, including unprocessed cereals (grains) and pulses (legumes)  
|                                | – limit your intake of red meat, processed meat and salt |
| Engage in physical activity | – aim for at least 30 minutes of moderate intensity physical activity every day  
|                              | – limit sedentary (inactive or stationary) habits, such as watching television |
| Quit smoking and limit alcohol intake | – avoid smoking  
|                                           | – avoid exposure to second-hand smoke  
|                                           | – limit your alcohol intake to one standard drink each day |
| Look after your mental health and wellbeing | – regularly check in with yourself and take note of how you’re feeling  
|                                           | – seek information on stress management, try some relaxation techniques, or engage in meditation  
|                                           | – speak with your GP if you experience feelings of anxiety, depression, hopelessness or any other unpleasant feelings |
|                                           | Your GP can review your mental health and provide a referral to a specialist health professional if required. |