

Get involved

GRACE is always looking for volunteers to help raise much needed funds so it can continue its work and help more women living with gynaecological cancers. Here are some of the ways you can help:

Become a GRACE ambassador and tell your friends and family about our cause.

Host a fundraising event, such as a tea party, to raise funds for the charity.

Ask local businesses to make us their 'charitable partner'.

Take part in a local fun run or marathon.

Nominate us to local businesses with charitable giving schemes.

Donate your time and volunteer with GRACE.



Get in touch by emailing us at:
support@grace-charity.org.uk

or call us on: **01483 904153**

www.grace-charity.org.uk

GRACE exists to support women living with gynaecological cancers.

Our focus is on raising vital awareness to promote early diagnosis; fund desperately needed research into their causes and treatments; provide local hospitals with vital surgical equipment; and to offer and facilitate support to women who are diagnosed. We are dedicated to improving the overall well-being, treatment, recovery, and survival rates of all women diagnosed, now and in the future.

Around 60 women a day in the UK, are given the lifechanging news they have gynaecological cancer (22,000 women a year).

Help us give a lifeline to the women we love by donating today:



Or visit us online at **www.grace-charity.org.uk** to find out more.



@GraceWomen



Grace_women

Patron: Dame Judi Dench

GRACE, Department of Gynaecological Oncology, The Royal Surrey County Hospital, Egerton Road, Guildford, Surrey GU2 7XX

Information about Endometrial Cancer

Woman centred support | Research | Life-saving equipment



Offering hope and support following a gynae cancer diagnosis

What Is Endometrial Cancer?



Endometrial cancer is a type of cancer that starts in the lining of the womb (also called the uterus). Doctors may call it **womb cancer or **uterine cancer**.**

Womb cancer is the fourth most common cancer in women in the UK. It's becoming more common, with over 9,000 women diagnosed every year in the UK.

How Does it Develop?

Endometrial cancer begins in the **lining of the womb** (endometrium). Each month, this lining builds up and is shed during your period unless it's needed to nourish a pregnancy.

When cancer develops, the cells in the lining mutate and grow uncontrollably. This forms a lump of tissue called a **tumour**.

One of the most common signs of endometrial cancer is **unexpected vaginal bleeding**. If you notice bleeding after menopause or outside of your regular periods, see your doctor straight away.

- If the cancer is caught early, when it's just in the womb lining, it can often be treated with surgery alone.
- If the cancer has spread deeper into the womb or other areas, additional treatment like radiotherapy may be needed.

Key Signs and Symptoms

The most common symptom of endometrial cancer is abnormal vaginal bleeding. This could include:

- Bleeding after menopause.
- Heavy or irregular bleeding between periods.
- Pink, brown, or dark (prune-coloured) vaginal discharge.

Note: Most unexpected vaginal bleeding is NOT caused by cancer. However, it's important to get it checked, as this symptom is linked to **90% of womb cancer diagnoses**.

What Causes It?

Most cases of womb cancer don't have an obvious cause, but some are linked to:

Lynch Syndrome: A genetic condition that increases cancer risk.

High BMI carries a high risk of womb cancer

How is it Diagnosed?

If you have unexpected vaginal bleeding, see your GP. They may:

1. Ask about your symptoms and medical history.
2. Do a pelvic exam.
3. Refer you for further tests, such as:
 - **Transvaginal Ultrasound Scan (TVS):** A small probe is inserted into the vagina to get a detailed image of your womb. This checks for changes in the thickness of the womb lining. It may feel uncomfortable but shouldn't be painful.
 - **Biopsy:** A small sample of tissue is taken from the womb lining to check for abnormal cells. If needed, a telescope procedure called a **hysteroscopy** may be done to look more closely at the womb. This can be done as an outpatient or under general anaesthetic.

Treatment

The main treatment for endometrial cancer is a **hysterectomy** (surgery to remove the womb).

- If the cancer is caught early, a hysterectomy can often cure it.
- Open, laparoscopic or minimally invasive robotic surgery is often offered.
- In women of childbearing age, a hysterectomy means you won't be able to have children. The surgery often includes removing the ovaries and fallopian tubes.

If needed after surgery, you may have **radiotherapy**, or a combination of radiotherapy and chemotherapy to reduce the risk of the cancer returning.

For women wanting to preserve fertility, **hormone treatment** might be an option. However, this depends on the type and stage of cancer and your understanding of the risks.

If the cancer cannot be cured, treatments like radiotherapy, chemotherapy and medication can help manage symptoms and improve quality of life.

The use of immunotherapy is also now available for some patients with endometrial cancer.

Support and Next Steps

If you are diagnosed with endometrial cancer, support is available. Your care team may include specialist nurses, counsellors, and support groups.

The GRACE charity also offers free one to one counselling and peer group support to any woman who has been diagnosed with a form of gynaecological cancer at any stage of their journey, from diagnosis through to life after recovery. For more information, visit **www.grace-charity.org.uk** or call **01483 904153**

For other information and support, visit:

- **Cancer Research UK**
- **Macmillan Cancer Support**

If you have concerns, contact your GP as soon as possible. Remember, early detection can make a big difference.

