



*prescription for  
information*



Juravinski  
Cancer Centre  
HAMILTON HEALTH SCIENCES

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## Follow-up care after endometrial (uterine) cancer treatment

You have completed treatment and follow up at the Juravinski Cancer Centre (JCC). Your family doctor or gynaecologist will continue your routine follow-up care for your endometrial cancer. We recommend that you have regular physical exams and to discuss your health concerns with your family doctor or gynaecologist.

Here is your treatment summary and recommended follow-up care schedule. It will be sent to your family doctor or gynaecologist.

This **Information Prescription** summarizes what to expect with future care. We hope this guides you to live well after endometrial cancer.

*Your Cancer Care Team*

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## Treatment summary

	Date Completed	Provider Name	Treatment Details
<p><b>Surgery:</b></p> <p><input type="checkbox"/> Laparotomy</p> <p><input type="checkbox"/> Laparoscopy</p> <p><b>Procedure:</b></p> <p><input type="checkbox"/> Hysterectomy (removal of uterus)</p> <p><input type="checkbox"/> Bilateral Salpingo-oophorectomy (removal of fallopian tubes and ovaries)</p> <p><input type="checkbox"/> Lymph node removal</p> <p><input type="checkbox"/> Omentectomy (removal of the fatty tissue that covers the intestines and organs in the lower abdomen)</p> <p><input type="checkbox"/> Other _____</p>			<p><b>Stage:</b></p>   <p><b>Grade:</b></p>
<p><b>Chemotherapy:</b></p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Carboplatin</p> <p><input type="checkbox"/> Paclitaxel/Carboplatin</p> <p><input type="checkbox"/> Doxorubicin</p>			<p><b>Number of treatments:</b></p>
<p><b>Radiation:</b></p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p> <p><input type="checkbox"/> External radiation to pelvis</p>  <p><input type="checkbox"/> Brachytherapy (intra-vaginal radiation)</p>			<p><b>Number of treatments:</b></p>  <p><input type="checkbox"/> External</p> <p>_____</p> <p><input type="checkbox"/> Brachytherapy</p> <p>_____</p>
<p><b>Clinical Trials</b></p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>			
<p><b>Other</b></p>			

## Recommended follow-up care

Here is a guide for you to track your personal follow-up care. Enter date completed in the table below:

Stage	Physical exam frequency	Next Due															
<input type="checkbox"/> Stage 1, Grade 1 (transitioned after 1 visit at JCC)	Physical exam* every 6 months for 3 years, then yearly <table border="1" data-bbox="548 575 1218 699"> <thead> <tr> <th>Year 1</th> <th>Year 2</th> <th>Year 3</th> <th>Year 4</th> <th>Year 5</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td style="background-color: #cccccc;"></td> <td style="background-color: #cccccc;"></td> </tr> </tbody> </table>	Year 1	Year 2	Year 3	Year 4	Year 5											
Year 1	Year 2	Year 3	Year 4	Year 5													
<input type="checkbox"/> Stage 1, GR 2 or 3 (transitioned Year 3, after JCC check-up)	Physical exam* every 6 months: years 3 to 5 after completing treatment <b>THEN</b> Yearly after 5 years <table border="1" data-bbox="548 978 1218 1186"> <thead> <tr> <th>Year 1</th> <th>Year 2</th> <th>Year 3</th> <th>Year 4</th> <th>Year 5</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" style="text-align: center;">Already completed at JCC</td> <td style="background-color: #cccccc;"></td> <td style="background-color: #cccccc;"></td> </tr> </tbody> </table>	Year 1	Year 2	Year 3	Year 4	Year 5						Already completed at JCC					
Year 1	Year 2	Year 3	Year 4	Year 5													
Already completed at JCC																	
<input type="checkbox"/> Any Stage, (transitioned Year 5, after JCC check-up)	Yearly physical exam*																

**\*Physical exam by a health care provider includes:**

- General check of overall well being such as your appetite, bowel and bladder function, vaginal bleeding or abnormal discharge.
- Gynecologic (woman's) exam - using speculum to look at the tissues in the vagina.
- An exam using fingers in both the vagina and rectum to feel the tissues.

## Health problems to tell your health care provider

If you have any new or persistent symptoms that are getting worse and do not go away after 2 weeks, please tell your health care provider right away. Do not wait for your next regular appointment. These symptoms may or may not be related to cancer but are important to have checked.

### Symptoms include:

- vaginal bleeding, spotting or abnormal vaginal discharge
- new abdominal/pelvic pain that does not go away
- new cough that lingers, not related to an upper respiratory tract infection (viral cough or cold)
- shortness of breath
- loss of appetite
- increased abdominal bloating
- new lump in lymph nodes of groin, arm pits or neck
- ongoing or worsening tiredness

## Health promotion

It is important to continue regular screening for other cancers including:

1. **Mammograms:** Mammograms should be done every 2 years as part of routine screening for breast cancer. If you are over the age of 50, the Ontario Breast Screening Program (OBSP) is available to you. You may self refer to this program or have your family doctor make a referral for you.
  2. **Fecal Occult Blood Test (FOBT) or colonoscopy:** Some uterine cancers are linked to bowel cancers. It is important to do screening with FOBT or colonoscopy to decrease your risk of developing colon cancer.
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- Pap smears:** This may be excluded from your screening tests if you have never in your lifetime had an abnormal pap smear in the past. However, if you have had abnormal pap smears, it is recommended that you still have pap smears regularly. Your health care provider will be able to tell you when yours is next due.

For more information, go to:

<https://www.cancercare.on.ca/pcs/screening/>

**Screen for Life**

Cancer screening sees what you can't

 **Breast**  
For women  
50 and over

 **Cervix**  
For women  
50 and over

 **Colon**  
For men  
and women  
50 and over

## Healthy living

- Maintain a healthy weight:** Some uterine cancers are related to increased weight.

Having a healthy diet and doing regular exercise not only decreases your overall risk for heart disease such as a heart attack, stroke and high blood pressure, but also helps women maintain bone health after menopause.

There are exercise programs such as CanWell (see page 7) available to help you learn how to incorporate healthy living choices into your current lifestyle. Please speak with your health care providers for more information.



- Smoking:** If you need help to stop smoking, please call the Smoker's Helpline at 1-877-513-5333 or speak with your health care team about programs that you can participate in to help you stop smoking.



## Your emotional and supportive care needs

Talk with your family doctor or nurse if you are:

- experiencing concerns about sexuality: low sex drive, painful intercourse or vaginal dryness
- having concerns or questions about your emotional and supportive care needs such as coping, anxiety or stress

## After treatment support

### Patient and Family Resource Centre at the JCC

The Patient and Family Resource Centre is located in the main lobby of the JCC just to the left as you enter the main doors.

You are always welcome to visit.

Feel free to contact us:

Phone: 905-387-9495, ext. 65109

E-mail: [jccpfrcentre@hhsc.ca](mailto:jccpfrcentre@hhsc.ca)

Website: [www.jcc.hhsc.ca](http://www.jcc.hhsc.ca)



Like us on facebook at

<https://www.facebook.com/JCCPFRC>

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These are just a few of the many resources which may be interest to you after your treatment, recovery and return to every day life routines and activities:

<b>Community Resource</b>	<b>Phone Number</b>	<b>Website</b>
Canadian Cancer Society	1-888-939-3333	<a href="http://www.cancer.ca">www.cancer.ca</a>
Cancer Information Service- An information specialist can answer your questions by e-mail or telephone.	1-888-939-3333 TTY 1-866-786-3934 Email: info@cis.cancer.ca	
Cancer Care Ontario	416-971-9800	<a href="http://www.cancercare.on.ca/">www.cancercare.on.ca/</a>
CancerView	1-877-360-1665	<a href="http://www.cancerview.ca">www.cancerview.ca</a>
Canwell Program (Hamilton YMCA)	905-667-1515	<a href="http://www.canwellprogram.ca">www.canwellprogram.ca</a>
NCI Web		<a href="http://www.cancer.gov/types/uterine">www.cancer.gov/types/uterine</a>
Mac Warriors	905-525-9140 ext 27541	<a href="http://www.pace.mcmaster.ca">www.pace.mcmaster.ca</a>
Smoker's Helpline	1-877-513-5333	<a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>
Wellspring	1-888-707-1277	<a href="http://www.wellspring.ca">www.wellspring.ca</a>
Wellwood Resource Centre	905-667-8870	<a href="http://www.wellwood.on.ca">www.wellwood.on.ca</a>



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