

# UTERINE CANCER FACT SHEET

## What is Uterine Cancer?

Uterine cancer is a cancer that starts in the uterus (womb). The most common type is **endometrial cancer**, which begins in the inner lining of the uterus. It mainly affects women after menopause, but younger women can also develop it.

## Global Situation

- Uterine cancer is one of the common cancers affecting women worldwide.
- The number of cases is increasing due to ageing populations, obesity, diabetes, and reduced physical activity.
- Many women can be cured if the disease is detected early.

## Sri Lankan Situation

According to the National Cancer Control Programme:

- Uterine cancer is among the leading cancers affecting women in Sri Lanka.
- In 2022, 1,238 new uterine cancer cases were reported in Sri Lanka.
- In 2022, the age-standardized incidence rate was around 9.2 cases per 100,000 women.

## Risk Factors

The following factors can increase the risk of uterine cancer:

- Increasing age
- Obesity or overweight

## Unopposed estrogen exposure

- Estrogen-only hormone replacement therapy (without progesterone)
- Early menarche
- Late menopause
- Chronic anovulation
- Nulliparity
- Diabetes mellitus
- High blood pressure
- Family history of uterine, ovarian, or colorectal cancer
- Hormonal imbalance
- Polycystic ovarian syndrome (PCOS)
- Smoking
- Lack of physical activity

## Tamoxifen use

Tamoxifen has anti-estrogen effects on the breast but partial estrogenic effects on the endometrium.



### **Family history and hereditary syndromes**

- Especially Lynch Syndrome
- Family history of colorectal, endometrial, or ovarian cancers increases risk.
- Previous endometrial hyperplasia
- Especially atypical hyperplasia, which is a premalignant condition.

### **Prevention**

- Combined oral contraceptive use
- Multiparity
- Breastfeeding
- Maintaining a healthy body weight
- Eating a healthy diet rich in fruits and vegetables
- Exercising regularly
- Avoiding smoking
- Controlling diabetes and blood pressure
- Seeking medical advice for abnormal vaginal bleeding

### **Early Detection**

There is no routine screening test.

Early detection mainly depends on:

- Recognizing symptoms early
- Seeking medical attention quickly
- Regular health check-ups

### **Signs and Symptoms**

Common symptoms include:

- Abnormal vaginal bleeding
- Bleeding after menopause
- Heavy or prolonged menstrual bleeding
- Bleeding between periods
- Pelvic pain or pressure
- Unusual vaginal discharge
- Pain during intercourse
- Unexplained weight loss or tiredness

### **Diagnosis**

- Trans vaginal Ultrasound scan
- Endometrial biopsy
- Hysteroscopy with Endometrial biopsy
- CT scan or MRI scan – for staging



## **Treatment**

Treatment depends on the stage and type of cancer.

Common treatment methods include:

- Surgery
- Radiotherapy
- Chemotherapy
- Hormonal therapy
- Targeted therapy in selected patients

Many patients require a combination of treatments.

## **Rehabilitation**

Rehabilitation helps patients return to normal life.

## **Palliative Care**

Palliative care improves the quality of life for patients with advanced cancer.

It helps to:

Palliative care can be given together with cancer treatment.

## **Survivorship**

Many women live long, healthy lives after treatment.

Cancer survivorship care includes:

- Regular clinic follow-up
- Healthy lifestyle practices
- Monitoring for recurrence
- Management of treatment side effects

***Women after menopause should never ignore vaginal bleeding***

## **Services Available in Sri Lanka**

- Gynecology clinics in hospitals
- Cancer Treatment services in government hospitals including National Cancer Institute Sri Lanka (Apeksha Hospital)
- Surgical clinics
- Palliative care clinics



## Contact Details

**Address:** National Cancer Control Programme,  
555/5, Public Health Complex, Elvitigala Mawatha,  
Colombo 05, Sri Lanka

**Telephone:** +94 11 2368627

**Website:** [www.nccp.health.gov.lk](http://www.nccp.health.gov.lk)

**Email:** [nccpmohsl@gmail.com](mailto:nccpmohsl@gmail.com)

**FB:** <https://www.facebook.com/NCCPSL>

### **Cancer Early Detection Centre**

**Address:** Ground Floor  
Infectious Diseases Unit, OPD Complex,  
National Hospital Colombo Sri Lanka

**Telephone:** 011 315 9227

FOR PUBLIC AWARENESS & HEALTH EDUCATION PURPOSES

