

Understanding Uterine Cancer

Audio Descriptive Text

Video opens with an illustration reading “Treatment works best when uterine cancer is found early.” on top of a desk. Two hands straighten the illustration.

Dr. Lisa Richardson, medical oncologist, sits at the desk. The illustration is on the surface of the desk in front of her.

Dr. Richardson removes the first illustration from the desk, and we see an illustrated scene of an older woman looking at herself in a bathroom mirror.

The video transitions back to Dr. Richardson sitting at the desk.

The video transitions back to the illustration of the bathroom. The camera zooms in on a laundry basket, where a pair of underwear with a small blood stain sits on top of the laundry. An animated line circles the underwear.

The camera shifts to zoom in on the woman holding her pelvic area. The animated line circles her pelvic area, and animated lightning bolts appear in front of her pelvic area.

The camera moves up to zoom in on the woman’s face in the mirror. She has an uncertain expression. An animated line circles her face, and a question mark appears on screen.

The camera zooms out to show the full illustration of the bathroom on top of the desk.

The video transitions back to Dr. Richardson sitting at the desk.

Dr. Richardson removes the bathroom illustration from the desk, and we see an illustrated scene of people at a park.

The video transitions back to Dr. Richardson sitting at the desk.

The video transitions back to the illustrated park scene. The camera zooms in on a woman looking at her phone, which displays an appointment notification reading “3 PM” next to a doctor icon. An animated line circles the phone.

The video transitions back to Dr. Richardson sitting at the desk.

The video transitions back to the illustrated park scene. The camera zooms in on a group of people exercising and a woman carrying a bag of groceries. The animated line highlights each of the exercising people, as well as the groceries.

The video transitions back to Dr. Richardson sitting at the desk.

The video transitions back to the illustrated park scene. The camera zooms in on an older mother and her adult daughter sitting together on a park bench. Animated speech bubbles appear.

The camera zooms out to show the full illustration of the park scene on top of the desk.

The video transitions back to Dr. Richardson sitting at the desk.

Dr. Richardson removes the park illustration to reveal another illustration with text reading “Learn more at cdc.gov/cancer/knowledge” along with the *Inside Knowledge*, HHS, and CDC logos.

Transcript

Dr. Lisa Richardson: Treatment works best when uterine cancer is found early. So, let's talk about what you need to know.

Hi, I'm Lisa Richardson and I'm a medical oncologist. Today, we're talking about some of the warning signs of uterine cancer and what you can do to lower your risk.

The number one warning sign that we look for, we tell women to look for, is bleeding after your periods have stopped. There is no vaginal bleeding after the menopause that is normal. If you see any bleeding or spotting of any type after that, you should see your provider right away.

Some of the other concerning symptoms that women may have is pain in the pelvis or pressure in the pelvis. That's another sign that you should see your provider.

Menopause is a very interesting time of life. Things change, you feel different, your body feels different. So, if things are going on that don't feel normal to you, follow up with your healthcare provider as soon as possible to get that looked at.

Well, right now, unfortunately, there is no screening test for uterine cancer. Some women are confused that the Pap test, which looks for cervical cancer, also looks for other cancers like uterine cancer. That's not true. So, it really is about understanding the signs and symptoms.

So, let's talk about the risk factors and what you can do to lower your risk. So, the risk of uterine cancer increases with age, as all cancers do. A lot of women think – my patients included, my relatives included – that they don't need to see a doctor anymore after they've had their babies. That's not true. You still need to see someone who can do your well-woman care, your health checks as you get older. And that doctor doesn't have to be a gynecologist. It could be an internist. It could be a family practice doctor. You just need a connection with someone in the healthcare system that you can follow up with if you have concerns about your health.

So, some of the other risk factors other than age, being overweight and having obesity, not, you know, being physically active. Now, what can you do about that? Exercise, eat a healthy diet. And those are things that you can work on to lower your risk.

So, for uterine cancer, knowing your family history is extremely important. This cancer can run in families, in your mother and your father's family. It can be associated with other cancers that others in the family have had, like colorectal cancer. Go to your family members and ask them about some of the things that have happened and if you have that information, you can share it with your healthcare provider, and they can determine follow-up that's needed.

The most important thing you can do as you're taking care of your health is find someone that you feel comfortable with, someone that you feel that you can talk to about whatever's going on. What I tell patients is there's nothing too small or too large to bring to the attention of your healthcare provider.

Video Summary

In this video, medical oncologist Dr. Lisa Richardson discusses the signs and symptoms of uterine cancer and what women can do to lower their risk.