

# Womb cancer: information and support



Working towards a  
better life for everyone  
affected by womb cancer

# Supporting you

“Every year thousands of people receive the news that they or their loved one have womb cancer, and it can be difficult to know where to turn for reliable and trustworthy information and support.

Remember you are not alone; Peaches is here to support you every step of the way. Our website offers advice, information and personal stories from those with lived experience of womb cancer. We also host virtual coffee mornings and evening groups for those affected by womb cancer led by our Clinical Nurse Specialist.

We have created a series of videos, with help from our dedicated community of people whose lives have been touched by womb cancer, that we hope will empower you and help you navigate your way through your womb cancer journey.”

## **Prof Emma Davidson**

*Professor of Gynaecological Oncology  
and President of Peaches Womb  
Cancer Trust*

**[www.peachestrust.org](http://www.peachestrust.org)**



**See all the videos  
here**

[peachestrust.org/get-support/support-videos/](http://peachestrust.org/get-support/support-videos/)



# What is womb cancer?

Womb cancer is becoming more common worldwide. In the United Kingdom, there are almost 10,000 cases diagnosed each year. Most cases of womb cancer, but not all, are seen in people after menopause, which is the time at which natural periods stop occurring.

Most womb cancers arise from the lining of the womb, which is also known as the endometrium. This is the layer that is shed during the menstrual period. These womb cancers are known as endometrial cancers or carcinomas. A few cancers can arise from the muscle of the womb. These are known as sarcomas.



## Understanding womb cancer

[youtu.be/E1F1DMhZapQ](https://youtu.be/E1F1DMhZapQ)



Before we go further, let us look at the parts of the womb



Also available:

*What is cancer?*

*What is a "tissue block"?*

*Molecular classification of womb cancer*

# Surgery

Most people with womb cancer will have surgery to remove their womb and ovaries (hysterectomy). Some may also need to have lymph nodes or parts of the bowel removed at the same time.

If womb cancer is found early, surgery may be the only treatment that's needed. However, some people are advised to have additional treatment such as radiotherapy and chemotherapy.

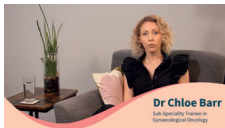
Sometimes, surgery isn't recommended. This may be because the cancer has spread to other parts of the body and can't be removed with an operation; or if you can't have a general anaesthetic due to healthcare reasons.

If you're of childbearing age and have a slow-growing womb cancer that hasn't spread very far, it may be possible for you to have fertility-sparing hormonal treatment instead of surgery. However, this is not a standard treatment, so speak to your healthcare team to see if this an appropriate option for you.



## Preparing for surgery

[youtu.be/UIWRyVZ4W60](https://youtu.be/UIWRyVZ4W60)



Also available:

*Recovery from womb cancer surgery*

*Your first appointment after surgery*

# Radiotherapy

Some people with womb cancer will be offered radiotherapy as part of their treatment plan. This is often given after surgery to try and reduce the chance of the cancer coming back. Radiotherapy may be recommended in combination with another treatment such as chemotherapy.

Whether you need radiotherapy will depend on how far your cancer has spread, what it looks like under the microscope, and the results of some tests done on your cancer that work out which molecular group it belongs to. It may also be given as the main treatment for womb cancer, or if the cancer comes back, known as recurrence.



## Radiotherapy: an introduction

[youtu.be/  
KQ4Sr68j-6w](https://youtu.be/KQ4Sr68j-6w)



Also available:

*External beam  
radiotherapy*

*Side effects of  
external beam  
radiotherapy*

*Getting through  
external beam  
radiotherapy*

*Brachytherapy*

# Chemotherapy

Some people with womb cancer will be offered chemotherapy as part of their treatment plan. This is often given after surgery to try to reduce the chance of the cancer coming back. Chemotherapy may be given in combination with another treatment such as radiotherapy.

Whether you need chemotherapy or not depends on how far your cancer has spread, what it looks like under the microscope, and the results of some tests done on your cancer that work out which molecular group it belongs to. Chemotherapy can also be given as the first treatment for womb cancer if surgery is not possible or if the cancer has come back, also known as recurrence.



## Chemotherapy: what to expect

[youtu.be/  
cX3uBHMuTF8](https://youtu.be/cX3uBHMuTF8)



Also available:

*Side effects of  
chemotherapy*

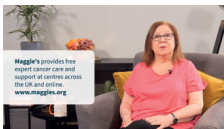
# Life after treatment

When your treatment has finished, your healthcare team may offer you face-to-face appointments, telephone or video appointments, or a mixture of both. If you're offered patient-initiated follow-up, or PIFU, this means you won't be offered any routine appointments, but you can ask for an appointment at any time if you're worried about something.

When your treatment finishes, and you're no longer seeing your healthcare team, it's not uncommon to feel abandoned, vulnerable, and alone. You may, to family and friends, appear to be back to your usual self, but this may just be the start of your physical and emotional recovery, and it's important you seek help and support when you need it.



**Follow up: what happens when your treatment ends** [youtu.be/TvCq7Gv-lyI](https://youtu.be/TvCq7Gv-lyI)



Also available:

*The emotional impact of finishing treatment for womb cancer*

# Accessing support and information

Living with and beyond womb cancer can be scary and lonely for many, and it's not uncommon to experience ongoing problems with physical and mental health.

Finding and accessing support can be challenging, but getting the right support and access to reliable information can really help.

If you need confidential advice or support related to womb cancer you can email [support@peachestrust.org](mailto:support@peachestrust.org)

Your message will be answered by Peaches' Clinical Nurse Specialists.



Accessing support and information

[youtu.be/h\\_9x2ms3e\\_Y](https://youtu.be/h_9x2ms3e_Y)



Registered with  
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REGULATOR**

Peaches Womb Cancer Trust is a registered charity in England and Wales (1190440) and Scotland (SC054434).  
Registered Address: Clarke Nicklin House, 4 Brooks Drive, Cheadle Royal Business Park, Cheadle, SK8 3TD

Support our work at  
[www.peachestrust.org](http://www.peachestrust.org)  
and click on donate.  
Thank you.