



## Endometrial Cancer Awareness: Recognizing the Signs and Symptoms

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### Description

Endometrial cancer sometimes referred to as uterine cancer, is a kind of cancer that starts in the endometrium, which is the lining that lines the uterus. Thousands of new cases are identified with this gynecologic cancer every year, making it the most frequent among women. Early identification and successful treatment of endometrial cancer depend on an understanding of its indications and symptoms. A greater understanding of this illness can enable women to seek treatment as soon as possible, improving their quality of life and resulting in better results.

Tumors are formed when aberrant cells in the endometrium expand uncontrolled, leading to endometrial cancer. Although the exact cause of endometrial cancer remains unknown, a number of risk factors have been identified. These include diabetes, obesity, hormone therapy, PCOS, Lynch syndrome (hereditary nonpolyposis colorectal cancer), and a history of ovarian cancer or endometrial hyperplasia. Though it usually affects postmenopausal women, younger women can still get endometrial cancer, particularly if they have specific risk factors. Abnormal vaginal bleeding is one of the characteristic signs of endometrial cancer, especially in postmenopausal women. Bleeding between periods, irregular or excessive menstrual flow, or bleeding after menopause are some possible manifestations of this. Pelvic pain or discomfort, pain during sexual activity, irregular vaginal discharge, and a sensation of fullness or pressure in the pelvis are some more typical symptoms. Depending on the cancer's stage and degree of aggressiveness, these symptoms might differ in intensity and frequency.

The risk of endometrial cancer is increased by a number of factors, including obesity, hormone therapy, Hormone Replacement Therapy (HRT) that is only estrogen-based, late menopause, nulliparity (never having given birth), infertility, and specific genetic conditions like Lynch syndrome or Hereditary Nonpolyposis Colorectal Cancer (HNPCC). A healthy weight, regular exercise, and avoiding estrogen-only hormone therapy are among the lifestyle choices that can help lower the risk of endometrial cancer, even if other risk factors, such as genetic predisposition, are unavoidable.

A review of medical history, physical examination, imaging tests (such as transvaginal ultrasound, pelvic MRI, or CT scan), and confirmatory tests (such as endometrial biopsy or dilation and curettage, or D and C, to look at a tissue sample under a microscope) are usually used in the diagnosis of endometrial cancer. To assess the

degree of illness dissemination, more testing like hysteroscopy or imaging examinations could be required in specific circumstances. For women who are asymptomatic and at average risk, routine screening for endometrial cancer is not advised; however, women who have a significant family history of ovarian or endometrial cancer or who have specific genetic disorders may benefit from earlier screening and surveillance.

Treatment for endometrial cancer is determined by a number of variables, such as the disease's stage, the patient's general health, and personal preferences. Surgery, radiation therapy, chemotherapy, hormone therapy, or a mix of these may be available as forms of treatment. Surgical options include dissection of the lymph nodes, bilateral salpingo-oophorectomy (removal of the ovaries and fallopian tubes), hysterectomy (removal of the uterus), and less invasive techniques including laparoscopy or robotic-assisted surgery. It may be advised to use adjuvant medicines, such as radiation therapy or chemotherapy, to eradicate any leftover cancer cells or stop them from coming back.

Physical, emotional, and mental issues are among the particular difficulties that survivors of endometrial cancer may face as they go forward. The requirements of endometrial cancer survivors are satisfied and their general well-being is enhanced via the implementation of survivorship care plans, which specify follow-up care, surveillance, and supporting services. Individuals can enhance their quality of life and overcome the obstacles of being a cancer survivor by utilizing supportive care services including counseling, support groups, rehabilitation, and survivorship programs.

### Conclusion

Although endometrial cancer is still a major global health problem for women, survival rates and overall outcomes have improved due to growing awareness, early identification, and therapeutic advancements. Women can proactively seek medical treatment and undertake proper diagnostic evaluations by being aware of the signs and symptoms of endometrial cancer. Healthcare professionals are essential in helping women understand their risk factors, encouraging healthy lifestyle choices, and offering all-encompassing care for the duration of a cancer patient's journey. The burden of endometrial cancer can be lessened, and the lives of those afflicted can be improved, by cooperative efforts in prevention, screening, diagnosis, and treatment.