[Date]

Re: Transfer of Care

Dear [Insert name],

You have finished your treatment for endometrial (uterine) cancer at the Cancer Centre.

We feel you are doing well, and your endometrial cancer follow-up can be safely done by your family doctor and/or other health care team from now on.

If you gave us your family doctor and/or gynecologist’s name, we will send them a letter letting them know about our follow-up recommendations. If you do not have a family doctor but would like to get one, please call Health Link Alberta (811) or go to cpsa.ca for a list of doctors in your area. Once you have a doctor, contact your oncologist so we can send your new doctor a summary of your cancer treatment and our follow-up recommendations.

### Follow-up

Continue to go for your regular health examinations at your family doctor’s office. For your endometrial cancer follow-up we recommend you:

- Have a **gynecologic exam** with your family doctor or gynecologist. This will include an internal vaginal exam. How often you need an exam depends on your own situation. Your oncologist will let you know how often you need to be seen.
- Other tests like Pap smears, blood tests, or x-rays are not needed for your regular follow-up unless your doctor asks for them.
- **Remember, it is your responsibility to book your follow-up visits with your family doctor or gynecologist.**

### Monitoring for Complications

Many of the side effects from your treatment will get better in the weeks and months after your treatment is finished. If you have side effects that are not getting better, talk to your doctor. There may be treatments available to help with your symptoms.

### Signs and Symptoms of Endometrial Cancer Recurrence

See your family doctor as soon as possible if you notice:

- Unusual vaginal bleeding or discharge
- Swelling of your abdomen
- Pain that does not go away, especially in the area of your abdomen or pelvis
- Nausea, vomiting, diarrhea
- Unintended weight loss
- An unusual lump or mass in your abdomen or pelvis
- A cough that will not go away

If you have any of these symptoms, tell your oncology care team. They may do tests to see if the cancer has come back.
Support and General Recommendations

Not coming to the cancer centre for appointments may cause a mix of feelings. You may feel a sense of happiness and relief that some of the difficulties and disruptions of coming to the cancer centre are behind you. At the same time, you may have feelings of fear, anxiety or sadness. As you adjust to this change, you may want to contact wellness supports and find out more about survivorship, cancer prevention and screening recommendations.

Available Cancer Resources:
- Information and Resources for Early Stage Endometrial Cancer Survivors in Alberta (the booklet your oncology care team gave you at the end of your treatment)
- Sources of Help (booklet) — pick one up at your cancer centre or visit www.ahs.ca and search for Sources of Help
- Helpful websites:
  - American Society for Clinical Oncology (patient site): www.cancer.net
  - Canadian Cancer Society: www.cancer.ca or 1-888-939-3333
  - Cancer and Work: www.cancerandwork.ca
  - Living Well with Cancer-Related Fatigue: www.myhealth.alberta.ca/Alberta/cancer-fatigue
  - Living Your Best Life With and Beyond Cancer: www.myhealth.alberta.ca/Alberta/cancer-lybl
  - Wellspring: Calgary: www.wellspringcalgary.ca / Edmonton: www.wellspringedmonton.ca
  - Young Adult Cancer Canada: www.youngadultcancer.ca

Sexual Health and Menopause: Treatment for endometrial cancer can have a huge impact on sexual health and function. Surgery and radiation can decrease vaginal length and lubrication, which can make sexual intercourse painful. Nerve damage can also affect arousal and ability to orgasm. Some women may have new or worsening symptoms of menopause after treatment. If you have symptoms that bother you, talk to your doctor. Call the counselling and support numbers listed below. The Oncology and Sexuality, Intimacy & Survivorship (OASIS) clinic can help (referral needed). Hot flashes that affect your sleep and daily life can be treated with medications. Vaginal dryness can be managed with a non-hormonal vaginal moisturizer and lubricant (such as Replens® or RepaGyn®). The use of hormones for treatment of symptoms of menopause should be discussed first with your doctor, gynecologist, or other sexual health expert.

Genetic Counselling: Tell your doctor about any changes in your family history, especially any new cancers in your relatives. People with a strong family history of cancer may need to see a genetic counsellor to see if there is a chance that cancer runs in their family.

Counselling and Support: Many patients find counselling services or support groups helpful in their adjustment to life after treatment. Counselling and support groups can help with things such as communication, stress management, coping with treatment side effects, mood changes, quality of life, body image, sexual health and/or loneliness. If you would like to set up a counselling appointment please select the closest resource from the list below and call to make an appointment.
- Calgary: 403-355-3207
- Edmonton: 780-643-4303
- Grande Prairie: 780-538-7372
- Lethbridge: 403-388-6814
- Medicine Hat: 403-529-8817
- Red Deer: 403-343-4485
- Other Communities visit www.ahs.ca/Cancer.asp and click: Provincial Cancer Patient Navigation
If you would rather participate in an on-line support group please check out the options listed on these websites:

- Cancer Chat Canada (professional led on-line support group): [http://cancerchat.desouzainstitute.com](http://cancerchat.desouzainstitute.com)
- Cancer Connection (peer support) – [www.cancerconnection.ca](http://www.cancerconnection.ca)
- Young Adult Cancer Canada – [www.youngadultcancer.ca](http://www.youngadultcancer.ca)

**Healthy Lifestyle Recommendations:** AHS Cancer Wellness Clinics provide the following FREE services to all cancer patients and their families who wish to stop using tobacco and/or alcohol, and/or to modify a sedentary lifestyle. Please call if you would like to have an appointment with the Wellness Clinic.

- Edmonton (Cross Cancer Institute) 780-432-8236
- Calgary (Holy Cross Site) 403-476-2988

Here are some other things you can do to improve your health, reduce side effects from treatment, and help lower your risk of the cancer coming back. For more information refer to the Information and Resources for Early Stage endometrial Cancer Survivors that your health care team gave you at the end of treatment. If you have questions, talk to your doctor.

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<tr>
<th>Modifiable Lifestyle Factor</th>
<th>Healthy Lifestyle Recommendations</th>
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<tr>
<td>Body weight</td>
<td>Try to maintain a healthy weight. Talk to your doctor about what a healthy body weight is for you.</td>
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| Physical activity          | • Try to be active at least 2.5 hours (150 minutes) every week.  
• Focus on moderate to vigorous activity spread throughout the week such as running and brisk walking.  
• Include strengthening exercises e.g. squats and arm curls.  
• Talk to your doctor about exercises that are right for you. |
| Nutrition                  | • Avoid sugary drinks and foods.  
• Try to drink 8 cups (2 liters of water) per day.  
• Eat more vegetables, fruits, whole grains, and legumes such as beans.  
• Limit consumption of red meats (such as beef, pork, and lamb) and avoid processed meats.  
• Limit consumption of salty foods and foods processed with salt. |
| Bone health                | • Vitamin D: 1000 - 2000 IU per day  
• Calcium: 1000-1200 mg per day if postmenopausal (try to get your calcium from food sources if possible).  
• If you have thin or fragile bones, your doctor may give you bone strengthening medication  
• For more information on bone health please visit Osteoporosis Canada at [www.osteoporosis.ca](http://www.osteoporosis.ca) |
| Alcohol                    | Ideally try to limit alcohol consumption to less than 1 drink per day and less than 3 drinks per week. |
| Smoking                    | If you smoke, try to quit. For help, contact Alberta Quits at 1-877-710-QUIT (7848) or [www.albertaquits.ca](http://www.albertaquits.ca) |
| Sun exposure               | • Avoid being out in the sun for too long. |
When in the sun, use sunscreen (minimum SPF 15) and wear sunglasses and a hat.
- Do not use indoor tanning beds.
- Check your skin regularly and tell your doctor if you notice any unusual changes.

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<th>Immunizations</th>
<th>Get your flu shot every year. Talk to your doctor about what other vaccinations you need.</th>
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<tr>
<td>Other cancer screening</td>
<td>Continue to be screened for other cancers such as breast, cervical, and colorectal cancer.</td>
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**Repeat Referral**

Remember you are still a registered patient at the Cancer Centre. If there are any concerns about your cancer returning, your doctor will refer you back to us.

Sincerely,

**The Alberta Provincial Gynecologic Oncology Tumour Team**