

End of Treatment Letter

Endometrial Cancer
Patient



[DATE]

Re: End of Treatment

Dear [ARIA: Insert Name],

You are nearing the end or have finished your treatment for endometrial (uterine) cancer at the Cancer Centre. Finishing cancer treatment is a time of change. We want you to know that even when you finish your treatments, you are not alone! Help and support is available.

As you start follow-up after cancer treatment, there are things you can do to manage your health care and improve your well-being. This letter, along with the book [After Treatment: Information and Resources to Help You Set Priorities and Take Action](#), have information, supports and suggestions to help you.

Follow-up Appointments and Tests

We are going to use a **Shared Care** model for your follow-up. This means that your cancer care team will book your tests and appointments at the Cancer Centre for your cancer care follow-up, and you will see your primary health care provider (such as your family doctor or nurse practitioner) for all other health concerns.

At your follow-up appointments at the Cancer Centre:

- You will have a **gynecological exam**. This includes an internal vaginal exam, an internal rectal exam, and a review of any symptoms you may have. Your cancer doctor (oncologist) will let you know how often you need these exams — this will depend on your own situation.
- **You will not need** other tests like pap smears, blood tests or x-rays for your regular follow-up unless your cancer doctor asks for them.

Continue to See Your Primary Health Care Provider

Continue to see your primary health care provider for your regular health exams. We will send them a summary of your cancer treatment and follow-up recommendations so they are aware of what follow-up you are receiving at the Cancer Centre.

You will need a family doctor. If you do not have one yet, you can find one by calling Health Link Alberta (811) or going to: www.ahs.ca/709.asp. Once you have a doctor, let them know they can view the health care provider follow-up recommendations at www.ahs.ca/guru.

Manage Side-Effects from Treatment

Most side effects will get better over time, but it is important to tell your care team about any side effects or emotional concerns so they can help you. The [After Treatment](#) book has suggestions for managing common side effects. If you need more information, your Cancer Centre has detailed patient education materials for many different side effects.

Know the Signs and Symptoms of Endometrial Cancer Recurrence

Review the list of general symptoms to watch for in the [After Treatment](#) book. Below are some symptoms specific to endometrial cancer. If these symptoms start and do not go away, call your cancer care team right away. Do not wait until your next visit. They may do tests to see if the cancer has come back.

- Vaginal bleeding or unusual vaginal discharge
- Swelling of your abdomen or an unusual lump in your abdomen or pelvis
- Pelvic, hip, leg or back pain that is new or changing and/or will not go away
- Nausea, vomiting, diarrhea
- Unplanned weight loss
- Difficulty urinating or other changes when urinating

Support and General Recommendations

As you move forward, you may have questions about what is next, what you should do to take care of yourself, or how to improve your well-being. We hope that along with your care team, the [After Treatment](#) book will help you during this time of change, answer your questions, and give you the information and supports you need.

Recommended Resources:

- [After Treatment: Information and Resources to Help You Set Priorities and Take Action](#) (book) — the oncology care team will give you this book at the end of your treatment
- **Sources of Help** (booklet) – pick one up at your Cancer Centre or view online at <http://www.ahs.ca> (search “sources of help”)

Counselling and Support:

Many patients find counselling services or support groups helpful when adjusting to life after cancer. They can help with things such as communication, stress management, coping with treatment side effects, mood changes, quality of life, body image, sexual health, or loneliness. If you would like to set up a counselling appointment, please pick the closest location from the list below and call to make an appointment:

Calgary: 403-355-3207	Lethbridge: 403-388-6814	Other Communities visit www.ahs.ca/cpn and click:
Edmonton: 780-643-4303	Medicine Hat: 403-529-8817	
Grande Prairie: 825-412-4200	Red Deer: 403-343-4485	

Healthy Lifestyle Recommendations

You will find recommendations and information on ways to improve your well-being in the [After Treatment](#) book.

Specific Concerns for Endometrial Cancer Patients

Sexual Health Concerns

Treatment for endometrial cancer can impact your sexual function, health, relationships, and sometimes causes distress over body image. There are things you can do to help manage physical concerns, such as pain with sexual intercourse, vaginal dryness, and hot flashes. Strategies and support are also available to help you and your partner with intimacy problems, distress, and adjusting to these changes. See the Counselling and Support numbers listed in the section above or contact the **Oncology and Sexuality, Intimacy, and Survivorship** (OASIS) program:

- Calgary and Southern Alberta - 403-355-3246
- Edmonton and Northern Alberta - 780-432-8260

Resources for low sexual desire, women's sexual health (including vaginal dryness) and fertility are available at your Cancer Centre or online at www.myhealth.alberta.ca (search "cancer and sexuality").

Menopause

Menopause is the time when you stop having menstrual periods because of changes in your body's hormone levels. For people who have treatment for endometrial cancer, menopause happens because of the removal of the ovaries, medications or radiation treatment. Symptoms, such as hot flashes, can happen in menopause. For help managing menopause symptoms, or if you have questions or concerns, talk with your cancer care team. Other suggestions are included in the [After Treatment](#) book.

Ongoing Care

Remember that you are still a registered patient at the Cancer Centre. If you are between appointments at the Cancer Centre, and you have concerns your cancer has returned, your family doctor can refer you back to us.

Sincerely,

Your Gynecologic Oncology Care Team