[DATE]

Re: End of Treatment

Dear [Insert name],

You have finished your treatment for endometrial (uterine) cancer at the Cancer Centre. You are now entering the follow-up phase of your cancer journey. You will continue to attend follow-up appointments with your oncology care team at the Cancer Centre until your oncologist feels you are ready to have your follow-up with your family doctor.

When attending your follow-up appointments at the Cancer Centre you will have:

- **A gynecological exam** including an internal vaginal exam and an internal rectal exam. How often you are scheduled for follow-up appointments will depend on your situation and cancer type.
- Other tests like Pap smears, blood tests, and x-rays are **not needed for your follow-up** unless your oncologist asks for them.

Your cancer care team will schedule these follow-up appointments.

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**Continue to See Your Family Doctor**

Continue to see your family doctor for your regular health exams. A summary of your cancer treatment and our follow-up recommendations has been sent to your family doctor so they are aware of what follow-up you will be receiving at the Cancer Centre.

If you do not have a family doctor, call Health Link Alberta by dialing 811, or get a list of family doctors in your area at [www.cpsa.ca](http://www.cpsa.ca). Once you have a family doctor, give his or her contact information to your oncologist’s office. We will then send a summary of your cancer treatment and our follow-up recommendations to your new family doctor.

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**Side Effects from Treatment**

You may have side effects from your cancer treatment such as fatigue, leg heaviness or discomfort, or tingling in your hands or feet. You may also have feelings of fear, anxiety or sadness. Some patients may have concerns about sexuality such as decreased desire and pain with sex.

Most of these side effects will get better in the next weeks and months as your treatment is now done, but tell your oncology care team about your feelings and side effects - **this may help us treat them so they do not get worse.**

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**Signs and Symptoms of Endometrial Cancer Recurrence**

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

- 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
Support and General Recommendations

After you finish your treatment, you may have a mix of feelings. You may feel a sense of happiness and relief that some of the difficulties and disruptions of treatment are behind you. At the same time, you may have feelings of fear, anxiety or sadness.

As you adjust to seeing your oncology care team less often, you may want to contact wellness supports and find out more about cancer prevention and screening information.

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](http://www.ahs.ca) and search for Sources of Help
- **Helpful websites:**
  - American Society for Clinical Oncology (patient site): [www.cancer.net](http://www.cancer.net)
  - Canadian Cancer Society: [www.caner.ca](http://www.cancer.ca) or 1-888-939-3333
  - Cancer and Work: [www.canerandwork.ca](http://www.canerandwork.ca)
  - Living Well with Cancer-Related Fatigue: [www.myhealth.alberta.ca/Alberta/cancer-fatigue](http://www.myhealth.alberta.ca/Alberta/cancer-fatigue)
  - Living Your Best Life With and Beyond Cancer: [www.myhealth.alberta.ca/Alberta/cancer-lybl](http://www.myhealth.alberta.ca/Alberta/cancer-lybl)
  - Wellspring: Calgary: [www.wellspringcalgary.ca](http://www.wellspringcalgary.ca) / Edmonton: [www.wellspringedmonton.ca](http://www.wellspringedmonton.ca)
  - Young Adult Cancer Canada: [www.youngadultcancer.ca](http://www.youngadultcancer.ca)

**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](http://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): [https://cancerchat.desouzainstitute.com](https://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.

<table>
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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. <strong>Talk to your doctor</strong> about what a healthy body weight is for you.</td>
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| Physical activity          | • Try to be active for 2.5 hours (150 minutes) every week.  
• Spread out your exercise throughout the day and week, such as 30 minutes 5 days a week.  
• Focus on moderate (brisk walking) to vigorous activity (jogging).  
• Do strength exercises as you are able to. |
| Nutrition                  | • Avoid sugary drinks and foods.  
• Try to drink 8 cups (2 litres) of liquids (water, juice, tea) every day.  
• Eat a variety of vegetables, fruits, whole grains and legumes such as beans.  
• Limit how much red meat you eat (beef, pork, and lamb), and avoid processed meats such as bacon or sausage.  
• Limit foods that contain a lot of salt. |
| Bone health                | • Vitamin D: take 1000 - 2000 IU (international units) per day.  
• Calcium: take 1000-1200 mg per day if you are postmenopausal (try to get your calcium from food sources rather than supplements).  
• If you have thin or fragile bones, your doctor may give you medication to help make your bones stronger.  
• For more information about bone health, visit [www.osteoporosis.ca](http://www.osteoporosis.ca) |
| Alcohol                    | Try to limit alcohol to 3 drinks or less a week, and no more than 1 drink on those days. |
| 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. |
| Immunizations              | Get your flu shot every year. Talk to your doctor about what other immunizations you need. |
| Other cancer screening     | Continue to be screened for other cancers such as breast, cervical, and colorectal cancer. |

Remember that you are still a registered patient at the Cancer Centre. If you have any concerns, contact either us, or your family doctor who can then connect with us.

Sincerely,