



SPOT HER

for endometrial cancer



SPOT HER®



**NATIONAL
BLACK
CHURCH
INITIATIVE**

www.naltblackchurch.com



WHAT IS ENDOMETRIAL CANCER

Found in the lining of the uterus, endometrial cancer is the most common type of gynecologic cancer. Diagnoses and deaths from this type of cancer are on the rise across ethnicities – with greater incidence rate increases seen across Native Americans/Alaska Natives, Black, Asian/Pacific Islanders and Hispanic communities.

Too often, women with endometrial cancer have reported their symptoms were stigmatized and dismissed. But together we can help empower people across generations and cultures to spot the potential signs early, speak up, and take action.

Together, Spot Her, a campaign to help raise awareness about endometrial cancer, and the National Black Church Initiative (NBCI) have partnered to address the disproportionate impact of endometrial cancer on African American and Latino women. NBCI, a faith-based organization of more than 150,000 churches along with Spot Her, a partnership by FORCE, SHARE, Black Health Matters, and Eisai Inc., have combined resources to raise awareness about the devastating impact of this disease on these communities.

SPOT THE SIGNS



Recognizing and voicing gynecologic symptoms may help end the stigma around endometrial cancer. Some common symptoms may include:

Premenopausal:

Irregular or heavy bleeding,
pelvic pain or pressure

Postmenopausal:

Any vaginal bleeding or brownish
discharge, pelvic pain or pressure

These symptoms could easily be overlooked or mistaken for other conditions, so it's important to speak with a doctor as soon as any symptoms of concern arise.

The above list does not contain all of the potential symptoms, and may not be indicative of endometrial cancer. If you have already been diagnosed with endometrial cancer, talk to your doctor about any change in symptoms.



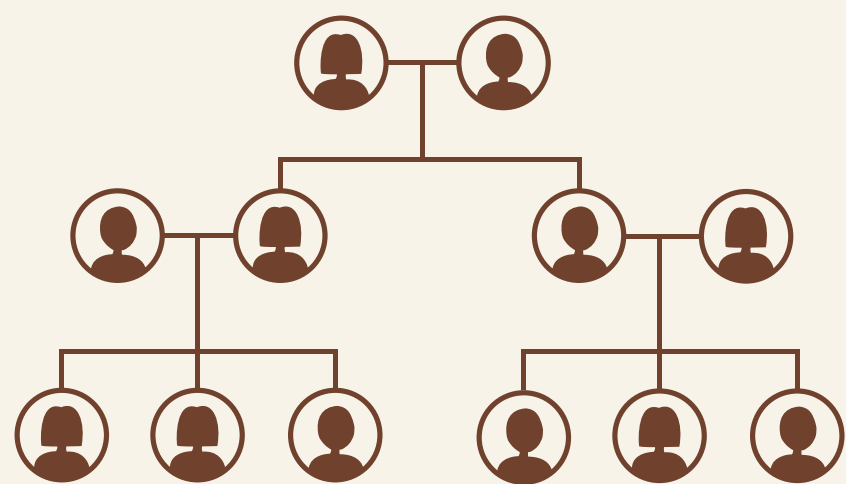
WHAT RISK FACTORS SHOULD I BE AWARE OF?

Your risk for endometrial cancer could be higher with age, obesity, a history of irregular periods, PCOS (Polycystic ovarian syndrome), and inherited conditions such as Lynch syndrome. These are just some of the risk factors of endometrial cancer. Symptoms and risk factors of this disease could be overlooked or mistaken for other conditions, so it's important to talk about your concerns with a health care professional.

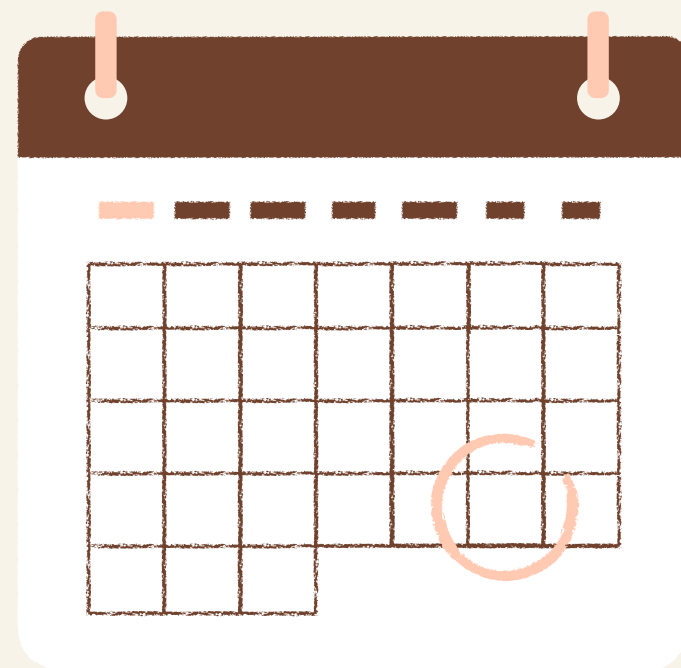
Increasing awareness about the potential signs and risk factors is especially important for Black women, as they are more often diagnosed at a later stage and with more aggressive forms of uterine cancer compared to other ethnicities.



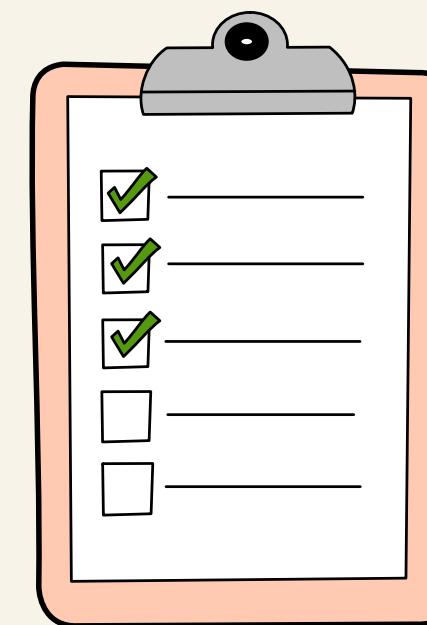
PUT YOUR HEALTH FIRST



Learn about your family health
history



Visit your gynecologist regularly.
After menopause, talk to your
gynecologist about how often
you should visit



Know your body, and document
symptoms as they happen and
discuss them with your
healthcare provider

HERE ARE A FEW DIFFERENT GUIDES TO HELP YOU CLEARLY COMMUNICATE YOUR CONCERNS WITH YOUR DOCTOR

"I've already gone through menopause, but I've been experiencing [heavy/ light/ very light] [abnormal bleeding/ spotting/ brownish discharge] of _____ color for the past _____ [weeks/months]"

"I know I may have a higher risk of developing endometrial cancer because of my [PCOS (polycystic ovary syndrome) / Lynch syndrome/ family or personal medical history of breast, uterine, or colon cancer]. Can you help me fully understand my inherited risk of endometrial cancer?"

"I've been diagnosed with endometrial cancer, and I know it's important to monitor for changes in my symptoms. To stay on top of my care plan, can we plan out a schedule for my next follow up appointments or tests?"



For more information, and to connect with advocacy groups that support people living with endometrial cancer, scan this QR code or visit SpotHerforEC.com

SUPPORT A LOVED ONE

Listen, be an advocate, and share this resource with your friends and family to help put their health first. Keep having open conversations about symptoms and encourage visits to the doctor.

**Together we can help empower one another to Spot Her for
endometrial cancer awareness**