

Uterine Cancer

Uterine cancer is a type of cancer that occurs in the uterus, also known as the womb. There are two main types of uterine cancer: endometrial cancer and uterine sarcoma. Endometrial cancer occurs when cells in the lining of the uterus, called the endometrium, grow out of control. Uterine sarcoma is less common and begins in the muscles or supporting tissue of the uterus. While there is no standard screening test for uterine cancer, it's important to be aware of the symptoms and risk factors outlined below.

Statistics

- In 2026, an estimated 68,270 new cases of uterine (corpus) cancer will be diagnosed in the United States.
- An estimated 14,450 women will die from uterine cancer in 2026.
- The overall five-year survival rate for uterine corpus cancer is 81% but varies depending on the stage at which it is detected. Black women are much less likely to be diagnosed with early-stage disease, when the cancer is most treatable.
- In Texas, an estimated 5,260 new cases of uterine cancer and approximately 1,130 deaths are expected in 2026.

Risk Factors

Uterine cancer is not completely preventable, but certain risk factors can increase a person's risk of developing the disease:

- **Excess Body Weight and Insufficient Physical Activity:** Obesity and a lack of physical activity cause inflammation and excess estrogen. This can cause the uterine lining to grow uncontrollably, increasing uterine cancer risk.
- **History of Polycystic Ovary Syndrome (PCOS):** Women with PCOS are at increased risk of developing uterine cancer due to fewer ovulations and prolonged estrogen exposure of the endometrium.
- **Certain Medical Conditions and Treatments:** Lynch syndrome, type 2 diabetes, and tamoxifen use are associated with an increased risk of uterine cancer.

Symptoms

Uterine cancer may cause symptoms, such as:

- Abnormal uterine bleeding or spotting
- Pain in the pelvic area
- Pain during urination or intercourse
- Non-bloody vaginal discharge

Prevention

While there is no sure way to prevent uterine cancer, as it has many causes, there are some steps you can take to lower your risk:

- Maintain a healthy weight through regular physical activity and a healthy, nutritious diet
- Stay physically active
- Get treated for pre-cancerous disorders of the endometrium
- Discuss risks of treatments involving hormone therapy with your healthcare provider

Treatment Options

Depending on the disease stage and type and the tumor's size and location, uterine cancer may be treated with one or a combination of the following:

- Surgery
- Chemotherapy
- Radiation
- Hormone therapy
- Targeted therapy
- Immunotherapy

About Texas Oncology

Founded in 1986, Texas Oncology is an independent, physician-led practice and a member of the US Oncology Network. With more than 550 physicians and 300 locations across Texas, Texas Oncology serves over 250,000 cancer patients each year.

Texas Oncology provides advanced care across 19 specialties and offers a comprehensive clinical trials and research program that has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).