




ENDOMETRIAL CANCER: TIPS FOR CARING FOR YOU AND YOUR LOVED ONE

As a care partner, you're tasked with supporting your loved one throughout the entirety of their endometrial cancer experience, including diagnosis and treatment. Below is a checklist to help guide you and your loved one in navigating important conversations and decisions before, during, and after their healthcare provider visits. It also includes helpful tips on how you can take care of yourself during this time. 

BEFORE YOUR LOVED ONE'S HEALTHCARE VISIT:

Talk to your loved one about the goals for their next doctor's visit.

Speak with your loved one about family history and the importance of asking their doctor about genetic and biomarker testing to better understand the risk of developing the disease and what treatment option may be best for them.

Offer to accompany your loved one to their healthcare visit. ** If you accompany your loved one, establish your level of involvement based on their needs (i.e., taking notes or actively participating in the conversation).*

If the doctor has an online communication portal, learn the system so you can help navigate it and ask additional questions in between appointments.

DURING YOUR LOVED ONE'S HEALTHCARE VISIT:

Based on everyone's comfort level, take notes and ask questions. During the conversation, make sure your loved one feels empowered to communicate on their own.

Stay in tune to your loved one's needs and emotions — help assess when they may be overwhelmed.

Ask about available treatment options and possible side effects, as well as how you may be able to support them throughout their experience.

AFTER YOUR LOVED ONE'S HEALTHCARE VISIT:

Take time for you and your loved one to digest all the information gathered at the visit, and if you have additional questions, don't hesitate to schedule a follow-up appointment. Let your loved one know you're there to support them as they and their healthcare team decide what treatment option is best for them.



CARING FOR YOU:

While your loved one who is faced with endometrial cancer needs your support, it's important to remember to care for yourself, both mentally and physically, as well. By doing so, you will be a more effective care partner for your loved one. The below list may give you some ideas for preventing fatigue and prioritizing your health:



Take a break

Give yourself an hour or two of rest, whether that's through reading, watching TV, meditating, or taking some time to yourself.



Talk to someone

Consider joining a support group or check out an organization specifically for care partners.



Seek and accept help

Consider reaching out to your support network to ask for help with things that will be simple for them to do, but will give you time and energy to spend elsewhere.



Plan activities

Make a plan to do something fun for yourself, whether that's reading, going to a sporting event, seeing a movie with a friend, or another activity that brings you joy.



Physical activity

Regular exercise has many benefits, including improving your mood.



Make a plan

Having a specific plan to take care of yourself may make you more likely to actually do it.



FOR MORE SUPPORT FOR CARE PARTNERS, VISIT:

- Our Way Forward | ourwayforward.com
- National Alliance for Caregiving | caregiving.org
- Cancer Support Community's MyLifeLine.org | mylifeline.org
- Endometrial Cancer Action Network for African-Americans | ecanawomen.org

OUR way
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About Our Way Forward

Our Way Forward is a call-to-action that encourages people living with gynecologic cancers, such as ovarian and endometrial cancer, their loved ones and healthcare providers to rethink how they talk about these cancers. The program provides ways to learn from each other's cancer experiences and to help navigate the physical and emotional challenges that these diseases bring. For more information, visit ourwayforward.com, and follow us on Instagram ([@ourwayforward.gsk](https://www.instagram.com/ourwayforward.gsk)).

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