

## 什么是子宫内膜癌?

子宫内膜癌是由子宫内膜(内衬)的细胞产生。有一些子宫内膜癌是因为女性荷尔蒙雌激素过多而造成的。

以前, 医学界的研究显示这有可能与长期口服雌激素(Hormone Replacement Therapy)有关; 但如今虽然比较少妇女长期口服雌激素, 子宫内膜癌的发病率却有增不减, 医学界就同任这是因为妇女有肥胖的趋势, 导致多余的雌激素由身体里的油脂所产生。然而, 肥胖就成为子宫内膜癌的风险因素。

## 有什么征兆与症状?

初期子宫内膜癌大多数会出现异常出血症状。停经后出血是最普遍的症状。多数病历发生在停经后的妇女。

较长见的症状如下:

- 绝经后出血
- 月经不规则, 流量大
- 经期间出血
- 持续出血
- 粉红, 水样或白色阴道分泌物
- 盆腔疼痛
- 性交时疼痛
- 体重减轻



### Singapore Cancer Society Multi-Service Centre

9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

☎ 6499 9133 ☎ 6499 9140

| Location 地点                    | Bus Numbers 巴士号码                    |
|--------------------------------|-------------------------------------|
| Bishan Bus Interchange         | 52, 53, 54, 55, 56, 57, 58, 59, 410 |
| In front of Bishan MRT Station | 13, 52, 54, 55, 58, 88, 128, 156    |
| Along Bishan St 11             | 52, 54, 55, 56, 57, 58, 59, 410     |

- Take Exit A at Bishan MRT Station.
- Walk through Junction 8 Shopping Centre in the direction of the Bus Interchange.
- Without crossing to the bus interchange at the traffic light, turn right and walk along the walkway to locate the Junction 8 Office Tower lobby.
- 在碧山地铁站走向A出口。
- 通过碧山第八站购物中心往巴士转换站方向行走。
- 在红绿灯路口之前右转, 沿着走道向前走, 就能到达碧山第八站办公大楼大厅。

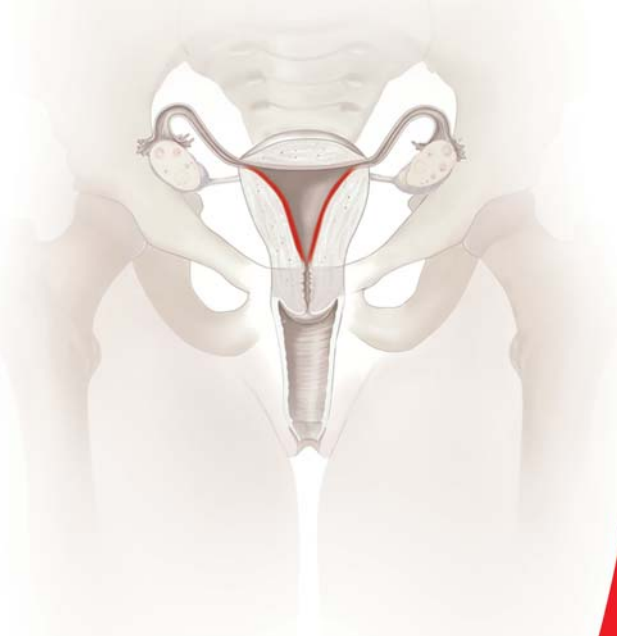
### Singapore Cancer Society

15 Enggor Street, Realty Centre #04-01, Singapore 079716

☎ 6221 9578 ☎ 6221 9575

- [www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg)
- [cancerscreening@singaporecancersociety.org.sg](mailto:cancerscreening@singaporecancersociety.org.sg)
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# ENDOMETRIAL CANCER | 子宫内膜癌

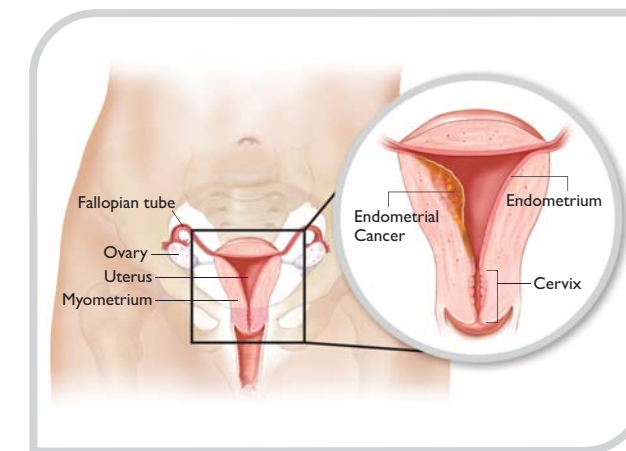


What you need to know about  
**preventing, detecting and  
treating Endometrial Cancer**

## What is Endometrial Cancer?

Endometrial Cancer is a cancer that starts in the endometrium, the inner lining of the uterus (womb).

It is predominantly due to prolonged exposure to an excess of the female hormone called oestrogen. In the past, this was often a result of oral intake of oestrogen only hormone replacement therapy, the practice which has been stopped by most physicians. Nowadays, the excess oestrogen is usually due to our body's own production. Certain conditions tend to lead to excess oestrogen production and hence will put one at increased risks.



## What are the Signs and Symptoms?

Most of the cancer of the endometrium presents early with some form of abnormal bleeding. Majority of the cases occur in post menopausal women.

Some common symptoms are:

- Post menopausal bleeding
- Irregular heavy menses
- Intermenstrual spotting
- Prolonged spotting
- Pink, watery or white discharge from vagina
- Pelvic pain
- Pain during intercourse
- Weight loss



## Are You at Risk?

Risk factors include:

- Obesity
- Diabetes mellitus, hypertension
- Women who have never given birth, women who have few children and also infertile
- Early menarche and late menopause
- Women with Polycystic Ovarian Syndrome
- Irregular infrequent menses i.e. less than 4 menses per year – failure to ovulate
- Ovarian tumours that secrete oestrogen e.g. Granulosa Cell tumours (Rare)
- Oestrogen-only Replacement Therapy (ERT) stimulates the lining of the womb and increases risk of endometrial cancer
- Women with Hereditary Non Polyposis Colorectal Cancer (HNPCC) or family history suggestive of HNPCC
- Personal history of breast or ovarian cancer have an increased risk of developing endometrial cancer
- Female breast cancer patients who are on Tamoxifen therapy



## How to Prevent?

- Maintain a healthy body weight
- Healthy diet and exercise
- Good control of diabetes can reduce the risk
- Use of oral contraceptive pill
- Use mirena [Medicated Intra-uterine Contraceptive Device (IUCD)]

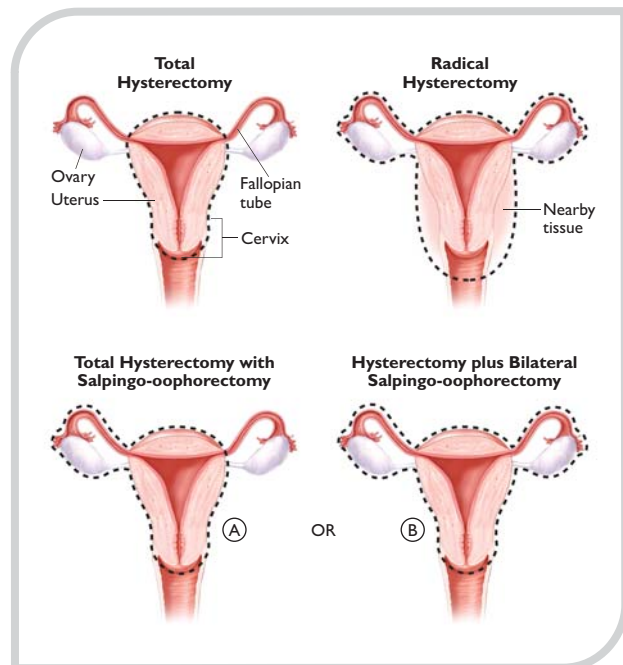


## How is Endometrial Cancer Diagnosed?

- Endometrial biopsy is done to get a sample of cells from inside the womb.
- Dilation and curettage is a procedure done to scrape tissue from the womb lining to be examined for cancer cells.

## How is it Treated?

- Surgery is the most common treatment for this cancer, either surgical removal of the uterus alone, hysterectomy, hysterectomy with bilateral salpingo-oophorectomy or removal of the uterus, fallopian tubes and ovaries.
- Radiation involves the use of high-dose x-rays to kill cancer cells.
- Hormone therapy using high dose of progestine to stop the growth of tumour.
- Chemotherapy uses drugs to kill cancer cells.



## 你有发病因素吗?

发病因素包括:

- 肥胖
- 糖尿病, 高血压
- 从未生育, 生育较少儿女和不育的女性。
- 较早初经和迟停经。
- 患有多囊卵巢综合症的女性。
- 月经不协调, 每年少过4次月经的妇女 – 不能排卵。
- 分泌雌激素的卵巢肿瘤。例: 罕见颗粒细胞瘤。
- 雌激素 – 替代疗法刺激子宫内膜, 增加患上子宫内膜癌风险。
- 有遗传性非息肉性大肠癌 (HNPCC)或家族患HNPCC病史。
- 有乳癌或卵巢癌个人病史的女性有较高患上子宫内膜癌的风险。
- 服用他莫昔芬的女性乳腺癌患者。



## 如何预防子宫内膜癌?

- 保持健康体重
- 健康饮食与运动
- 控制好糖尿病可降低风险
- 使用曼月乐 [宫内避孕器(IUCD)]
- 使用口服避孕药



## 如何诊断子宫内膜癌?

- 子宫内膜活组织检查(抽取子宫内膜细胞样本)。
- 扩张子宫内膜(dilatation and curettage)以检验是否有癌细胞。

## 如何治疗子宫内膜癌?

- 手术是最常见的治疗法。医生可能只切除子宫或将卵巢, 输卵管和子宫全部切除。
- 放射治疗是以高剂量的X射线消灭癌细胞。
- 激素治疗使用高剂量的孕激素, 以阻止肿瘤的生长。
- 化疗用药物来消灭癌细胞。



Do You Know?

1 The latest Singapore Cancer Registry Annual Registry Report (2010-2014) indicates that Endometrial Cancer is the 4<sup>th</sup> most common cancer diagnosed in Singaporean women.

你知道吗?

1 根据新加坡癌症注册局年度注册报告(2010-2014), 子宫内膜癌是新加坡妇女第四最常见的癌症。