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Title: **Addressing Menopausal Problems among Endometrial Cancer Survivors: Unmet need of Cancer Care**

Introduction

➤ An individual is considered **a cancer survivor** from the time of diagnosis through the balance of his or her life.
➤ Management of cancer survivors is primarily focused on detection of disease relapse and treatment.
➤ The long-term effects of cancer treatment like menopausal symptoms, bone health issues which are important components of survivorship care are usually overlooked.

Objectives :
To evaluate menopausal symptoms and bone health among endometrial cancer survivors.

Materials and Methods:

➤ A cross-sectional study
➤ 31 endometrial cancer patients post-treatment and disease-free for atleast 1 year.
➤ Menopausal symptoms were assessed using Menopausal Rating Scale and BMD was assessed by DXA scan.
➤ Descriptive data analysis was done

Conclusion
Routine assessment and tailored interventions can enhance survivorship care, ensuring not only the successful management of cancer but also addressing the broader spectrum of challenges these individuals face post-treatment

Results

Table 1- Sociodemographic and cancer parameters of study population

Sociodemographic parameters	Mean ± SD	Cancer parameters	
Age (in years)	51.52 ± 6.29	Type of menopause	N (%)
Age at Detection (in years)	48.52 ± 5.72	Natural menopause	11 (35.4)
BMI (kg/m²)	28.38 ± 6.03	Surgical menopause	20 (64.5)
Education Level	N (%)	Stage	N (%)
Illiterate	4 (12.9)	I	24(77.4)
Middle School	13 (42.0)	II	3(9.6)
High School	9 (29.0)	III	4(12.9)
Graduate and above	5 (16.1)	IV	0(0.0)
Socio Economic Class		Mode of treatment	
Upper	0 (0.0)	Surgery alone	27(87)
Upper Middle	15 (48.4)	Surgery + RT	1(3.2)
Lower Middle	7 (22.6)	Surgery + CT + RT	3(9.6)
Upper Lower	6 (19.4)	Surgery +CT	0(0.0)
Lower	3 (9.7)	Only RT	0(0.0)

BMD in Endometrial cancer survivors

	Lumbar Spine	Left Hip
Normal	18	17
Left Hip	8	11
Osteoporosis	5	3
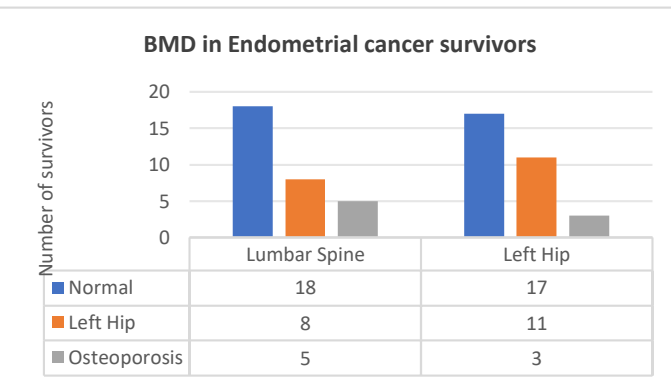
Table 2- BMD of study population

Bone health Parameters	Site	Mean ± SD
BMD	Lumbar Spine	0.89 ± 0.17
	Left Hip	0.69 ± 0.15
T Score	Lumbar Spine	-1.02 ± 1.21
	Left Hip	-1.01 ± 0.84
Z Score	Lumbar Spine	-0.44 ± 1.24
	Left Hip	-0.34 ± 1.01

Table 3- Menopausal Symptoms among study population

Menopausal Symptoms		Mean score ± SD n(%)
Somatic scale	Hot Flushes	1.03 ±0.80 23 (74.1)
	Heart Discomfort	0.94 ±0.73 21(67.7)
	Sleep Problems	0.87 ±0.72 23 (74.1)
	Joint and Muscular Discomfort	1.84 ±0.82 30(96.7)
Overall somatic symptoms(n%)		30(96.7)
Psychological scale	Depressive Mood	1.13 ±1.02 21(67.7)
	Irritablity	1.23 ±0.88 23 (74.1)
	Anxiety	1.06 ±0.93 20(64.5)
	Physical Exhausion	0.90 ±0.91 19(61.2)
Overall psychological symptoms(n%)		28(90.3)
Urogenital scale	Sexual Problems	0.68 ±0.60 19(61.2)
	Bladder Problems	0.97 ±0.75 22(70.9)
	Dryness of Vagina	0.87 ±0.72 21(67.7)
Overall urogenital symptoms(n%)		29(93.5)
MRS mean score ± SD		11.71 ± 4.91

References:
1. McCabe MS, Bhatia S, Oeffinger KC, et al. American Society of Clinical Oncology statement: achieving high-quality cancer survivorship care. J Clin Oncol. 2013;31:631
2. Lewiecki EM, Binkley N, Petak SM, et al. Official Positions of the International Society for Clinical Densitometry. Available from: http://iscd.org/learn/official positions/adult-positions/.