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Title: Uterine Cancer Prevention NV, CA, & AZ | Uterine Cancer Risk Factors | Prevention

Meta: Visit Dignity Health for personal care for uterine cancer prevention and treatment for uterine cancer in AZ, NV, & CA. Whether you are at high risk or worried about developing cancer, we can help.

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Url: [services/womens-health/uterine-cancer/prevention](#)

Quality Medical Care for Uterine Cancer Prevention and Treatment in NV, AZ, & CA

Uterine cancer, also known as endometrial cancer, is the most common gynecological cancer in the US. The most common form of uterine cancer is endometrial cancer, which affects the lining of the uterus. Uterine sarcoma is a less common form that develops in the muscular part of the uterus.

While there are no routine uterine cancer screening exams, awareness of the causes of uterine cancer is important for uterine cancer prevention and early detection. The experienced team of obstetricians and gynecologists at Dignity Health offer quality care for gynecological prevention and treatment in CA, AZ, and NV. Find a Doctor today to learn about the causes, treatment, and prevention of uterine cancer.

Determining Uterine Cancer Risk at Dignity Health

Uterine cancer experts have identified uterine cancer risk factors. Many factors that increase the risk of uterine cancer relate to the balance of estrogen and progesterone.

Uterine cancer risk factors include:

- Age 50 or older, as risk increases with age and the average age at diagnosis is 60
- Caucasian women are at the highest risk
- A diet high in animal fat may contribute to obesity, which is a major risk factor
- Early menstruation (younger than 12) or late menopause (older than 55) results in longer estrogen exposure over a lifetime, which may increase risk
- A family history of uterine or colorectal cancer may indicate a genetic predisposition and higher risk of uterine cancer
- Obesity is a risk factor, as 40 percent of endometrial cancer occurs in obese women. The risk increases with body mass index (BMI) and obese women are three times more likely to develop uterine cancer than women at a healthy weight because fat tissue increases estrogen production
- A personal history of breast, ovarian, or colorectal cancer may suggest a predisposition to uterine cancer
- Personal history of endometrial hyperplasia (thickening), diabetes, or pelvic radiation therapy

- Tamoxifen used for breast cancer prevention and treatment may increase the risk of uterine cancer. The doctors at Dignity Health can help you determine whether the benefit of this therapy outweighs the risk of developing endometrial cancer
- Estrogen hormone replacement therapy without progesterone

Reducing the Risk of Uterine Cancer

While there is no guaranteed method of uterine cancer prevention, you can reduce your risk by changing the risk factors you control. These include:

- Regular physical activity
- Eating a balanced diet
- Maintaining a healthy weight
- Using hormonal replacement therapy that includes both estrogen and progesterone
- Getting prompt treatment for other medical conditions, particularly endometrial hyperplasia
- Hysterectomy to remove the uterus for women with a genetic predisposition to uterine cancer

Health experts have identified protective factors that can lower uterine cancer risk. The protective factors include:

- Long term use of oral contraceptives, or birth control pills
- Intrauterine device use
- Pregnancy

You can trust the expert team at Dignity Health for quality care and personalized care for uterine cancer prevention and treatment in AZ, NV, and CA. Dignity Health provides dedicated care and patient education about the causes, treatment, and prevention of uterine cancer in Arizona, California, and Nevada.