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After Uterine Sarcoma Treatment

Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as a Uterine Sarcoma Survivor](#)

Cancer Concerns After Treatment

Treatment may remove or destroy the cancer, but it is very common to have questions about cancer coming back or treatment no longer working.

- [Second Cancers After Uterine Sarcoma](#)

Living as a Uterine Sarcoma Survivor

For some women with uterine sarcomas, [treatment](#)¹ can remove or destroy the tumor. The end of treatment can be both stressful and exciting. You may be relieved to finish treatment, but yet it's hard not to worry about cancer [coming back](#)². (When a tumor comes back after treatment, it is called **recurrence**.) This is a very common concern if you've had cancer.

For other women, the cancer might never go away completely. Some people may get regular [chemotherapy](#)³ or other treatments to try and help keep the cancer in check.

Learning to live with cancer that does not go away can be difficult and very stressful. It has its own type of uncertainty. [Managing Cancer as a Chronic Illness](#)⁴ has more on this. Life after cancer means returning to some familiar things and also making some new choices.

Follow-up care

When treatment ends, your doctors will still want to watch you closely. It's very important to go to all of your follow-up appointments. During these visits, your doctors will ask questions about any problems you may have and may do [exams and lab tests](#)⁵ or [x-rays and scans](#)⁶ to look for signs of cancer or treatment side effects. Almost any cancer treatment can have side effects. Some may last for a few weeks to months, but others can last the rest of your life. This is the time for you to talk to your cancer care team about any changes or problems you notice and any questions or concerns you have.

Ask your doctor for a survivorship care plan

Talk with your doctor about developing your [survivorship care plan](#)⁷. This plan might include:

- A suggested schedule for follow-up exams and tests
- A schedule for other tests you might need in the future, such as early detection (screening) tests for other types of cancer, or tests to look for long-term health effects from your cancer or its treatment
- A list of possible late- or long-term side effects from your treatment, including what to watch for and when you should contact your doctor
- Diet and physical activity suggestions
- Reminders to keep your appointments with your primary care provider (PCP), who will monitor your general health care

Keeping health insurance and copies of your medical records

Even after treatment, it's very important to keep [health insurance](#)⁸. Tests and doctor visits cost a lot, and even though no one wants to think of their cancer coming back, this could happen.

At some point after your cancer treatment, you might find yourself seeing a new doctor who doesn't know about your medical history. It's important to keep copies of your

medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records](#)⁹.

Can I lower my risk of uterine sarcoma progressing or coming back?

If you have (or have had) uterine sarcoma, you probably want to know if there are things you can do that might lower your risk of the cancer growing or coming back, such as exercising, eating a certain type of diet, or taking nutritional supplements. Unfortunately, it's not yet clear if there are things you can do that will help.

Adopting healthy behaviors such as [not smoking](#)¹⁰, [eating well](#)¹¹, [getting regular physical activity](#)¹², and [staying at a healthy weight](#)¹³ might help, but no one knows for sure. We do know that these types of changes can have positive effects on your health that can extend beyond your risk of uterine sarcoma or other cancers.

About dietary supplements

So far, no [dietary supplements](#)¹⁴ (including vitamins, minerals, and herbal products) have been shown to clearly help lower the risk of uterine sarcoma progressing or coming back. This doesn't mean that no supplements will help, but it's important to know that none have been proven to do so.

Dietary supplements are not regulated like medicines in the United States – they don't have to be proven effective (or even safe) before being sold, although there are limits on what they're allowed to claim they can do. If you're thinking about taking any type of nutritional supplement, talk to your health care team. They can help you decide which ones you can use safely while avoiding those that might be harmful.

If the cancer comes back

If the cancer does recur at some point, your treatment options will depend on where the cancer is, what treatments you've had before, and your health. For more information on how recurrent cancer is treated, see [Treatment for Uterine Sarcoma, by Type and Stage](#).¹⁵

For more general information, see [Understanding Recurrence](#)¹⁶.

Could I get a second cancer after treatment?

People who've had uterine sarcoma can still get other cancers. In fact, some cancer

treatments can put people at higher risk for getting some other types of cancer later. Learn more in [Second Cancers in Adults](#)¹⁷.

Getting emotional support

Some amount of feeling depressed, anxious, or worried is normal when cancer is a part of your life. Some people are affected more than others. But everyone can benefit from help and support from other people, whether friends and family, religious groups, support groups, professional counselors, or others. Learn more in [Coping With Cancer](#).¹⁸

Hyperlinks

1. www.cancer.org/cancer/uterine-sarcoma/treating.html
2. www.cancer.org/treatment/survivorship-during-and-after-treatment/understanding-recurrence.html
3. www.cancer.org/cancer/uterine-sarcoma/treating/chemotherapy.html
4. www.cancer.org/treatment/survivorship-during-and-after-treatment/when-cancer-doesnt-go-away.html
5. www.cancer.org/treatment/understanding-your-diagnosis/tests.html
6. www.cancer.org/treatment/understanding-your-diagnosis/tests/imaging-radiology-tests-for-cancer.html
7. www.cancer.org/treatment/survivorship-during-and-after-treatment/survivorship-care-plans.html
8. www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-health-insurance.html
9. www.cancer.org/treatment/survivorship-during-and-after-treatment/be-healthy-after-treatment/keeping-copies-of-important-medical-records.html
10. www.cancer.org/healthy/stay-away-from-tobacco.html
11. www.cancer.org/healthy/eat-healthy-get-active/eat-healthy.html
12. www.cancer.org/healthy/eat-healthy-get-active/get-active.html
13. www.cancer.org/healthy/eat-healthy-get-active/take-control-your-weight.html
14. www.cancer.org/treatment/treatments-and-side-effects/complementary-and-alternative-medicine/dietary-supplements.html
15. www.cancer.org/cancer/uterine-sarcoma/treating/by-stage.html
16. www.cancer.org/treatment/survivorship-during-and-after-treatment/understanding-recurrence.html
17. [4](http://www.cancer.org/treatment/treatments-and-side-effects/physical-side-</div><div data-bbox=)

[effects/second-cancers-in-adults.html](#)

18. www.cancer.org/treatment/treatments-and-side-effects/emotional-side-effects.html

References

See all references for Uterine Sarcoma (www.cancer.org/cancer/uterine-sarcoma/references.html)

Last Medical Review: October 12, 2017 Last Revised: November 13, 2017

Second Cancers After Uterine Sarcoma

Cancer survivors can be affected by a number of health problems, but often their greatest concern is facing cancer again. If a cancer comes back after treatment it is called a “recurrence.” But some cancer survivors may develop a new, unrelated cancer later. This is called a “second cancer.” No matter what type of cancer you have had, it is still possible to get another (new) cancer, even after surviving the first.

Unfortunately, being treated for cancer doesn’t mean you can’t get another cancer. People who have had cancer can still get the same types of cancers that other people get. In fact, certain types of cancer and cancer treatments can be linked to a higher risk of certain second cancers.

Survivors of uterine sarcoma can get any type of second cancer, but they have an increased risk of:

- [Breast cancer](#)¹
- [Colon cancer](#)²
- [Rectal cancer](#)³
- [Small intestine cancer](#)⁴
- [Bladder cancer](#)⁵
- [Vaginal cancer](#)⁶
- [Soft tissue cancer](#)⁷

- [Acute leukemia](#)⁸

Colon and breast cancers are the second cancers most often seen.

The increased risks of acute myeloid leukemia (AML) and cancers of the rectum, bladder, and soft tissue seem to be linked to treatment with radiation.

Follow-up after treatment

After completing treatment for uterine sarcoma, you should see your doctor regularly. He or she will examine you to look for signs the cancer has come back. Experts do not recommend additional testing to look for second cancers in patients without symptoms. Let your doctor know about any new symptoms or problems, because they could be caused by the cancer coming back or by a new disease or second cancer.

Survivors of uterine sarcoma should follow the [American Cancer Society guidelines for the early detection of cancer](#)⁹ and [stay away from tobacco products](#)¹⁰. Smoking increases the risk of many cancers.

To help maintain good health, survivors should also:

- Achieve and maintain a [healthy weight](#)¹¹
- Adopt a [physically active lifestyle](#)¹²
- Consume a [healthy diet](#)¹³, with an emphasis on plant foods
- Limit consumption of [alcohol](#)¹⁴ to no more than 1 drink per day

These steps may also lower the risk of some cancers.

See [Second Cancers in Adults](#)¹⁵ for more information about causes of second cancers.

Hyperlinks

1. www.cancer.org/cancer/breast-cancer.html
2. www.cancer.org/cancer/colon-rectal-cancer.html
3. www.cancer.org/cancer/colon-rectal-cancer.html
4. www.cancer.org/cancer/small-intestine-cancer.html
5. www.cancer.org/cancer/bladder-cancer.html
6. www.cancer.org/cancer/vaginal-cancer.html
7. www.cancer.org/cancer/soft-tissue-sarcoma.html

8. www.cancer.org/cancer/leukemia.html
9. www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines.html
10. www.cancer.org/healthy/stay-away-from-tobacco.html
11. www.cancer.org/cancer/cancer-causes/diet-physical-activity/body-weight-and-cancer-risk.html
12. www.cancer.org/cancer/cancer-causes/diet-physical-activity.html
13. www.cancer.org/cancer/cancer-causes/diet-physical-activity.html
14. www.cancer.org/cancer/cancer-causes/diet-physical-activity/alcohol-use-and-cancer.html
15. www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/second-cancers-in-adults.html

References

See all references for Uterine Sarcoma (www.cancer.org/cancer/uterine-sarcoma/references.html)

Last Medical Review: October 12, 2017 Last Revised: November 13, 2017

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