

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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The risk for developing uterine cancer also rises if you:

- are between the ages of 50 and 60
- began menstruating before age 12
- entered menopause relatively late, after age 52
- never gave birth
- have a history of infertility (an inability to become pregnant)
- have an ovarian disease, such as polycystic ovarian syndrome, that could cause you to have higher than normal levels of the hormone estrogen and lower than normal levels of the hormone progesterone
- have elevated blood sugar (diabetes)
- have high blood pressure (hypertension)
- have a family history of endometrial carcinoma
- have taken the drug tamoxifen after menopause; the increased risk depends in part on the dose taken and the length of time it's used. Women who take tamoxifen should discuss the risks and benefits of this drug with their doctors.
- have been diagnosed with endometrial hyperplasia
- take certain types of hormone replacement therapy (HRT)

Genetic Risk Factors

If several members of your family have had uterine or hereditary nonpolyposis colorectal cancer (HNPCC), also known as [Lynch syndrome](#), consider having genetic counseling and genetic testing through our [Hereditary Cancer & Genetics Service](#).

Women who inherit mutations in the PTEN gene (Cowden's syndrome) may also be at an increased risk of developing endometrial cancer.

Protect Yourself

In addition to getting regular annual checkups with your gynecologist and reporting any unexpected or abnormal vaginal bleeding, lifestyle measures, such as keeping your weight under control with physical activity and following a low-fat diet, may help to prevent uterine cancer. Using oral contraceptives has also been associated with a reduced risk.

[Why Black Women Are Twice as Likely to Die of Endometrial Cancer — and What MSK Is Doing to Change It](#)

Learn why Black women face a higher risk of death from endometrial cancer, and about a new effort led by Dr. Carol Brown at Memorial Sloan Kettering Cancer Center to close the gap.

[Learn more](#)

Request an Appointment

Call [800-525-2225](#)

We're available 24 hours a day, 7 days a week

[Make an appointment](#)

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