DECISION CHECKLIST: CONSIDERING RISK-REDUCING SURGERY FOR OVARIAN OR ENDOMETRIAL CANCER

A checklist from FORCE: FacingOurRisk.Org

Questions for your gynecologic surgeon before surgery

- [ ] How can I get a copy of my pathology report?
- [ ] What is my risk for primary peritoneal cancer after surgery? Is there any way to monitor me? (For people undergoing removal of their ovaries and fallopian tubes.)
- [ ] What is my risk for uterine cancer after surgery? (for For people not undergoing hysterectomy.) How will you monitor me for it?
- [ ] Will the procedure be laparoscopic, robotic (small incisions) or laparotomy (a large incision)? If a laparotomy, why?
- [ ] How will my uterus be removed? Will it be removed intact or in pieces? How will the pieces be contained? (For people undergoing hysterectomy.)
- [ ] Will you test to check for cancer before surgery?
- [ ] What happens if you find cancer during surgery?
- [ ] If you find cancer, will a gynecologic oncologist be included in the surgery, or would I need a second surgery for staging? (If your surgeon is an ob/gynecologist.)
- [ ] Will your pathologist do special sectioning of my fallopian tubes to look for hidden cancers?
- [ ] What will happen if your pathologist finds a precancerous STIC lesion?
- [ ] Where will my scars be? What will they look like?
- [ ] How long after surgery can I resume activities?
- [ ] What are the risks for surgery? What are the risks for anesthesia?
- [ ] Will I need to stay in the hospital overnight after surgery?
- [ ] Which of my medications should I take or avoid before the surgery? What supplements should I begin taking, continue to take or avoid?

Notes:

Questions for people with a mutation in BRCA1, BRCA2 or other gene linked to ovarian cancer risk

- ☐ What is my lifetime risk for ovarian or fallopian tube cancer?
- ☐ What is the average age of onset for ovarian or fallopian tube cancer in people with my gene mutation?
- ☐ What is the recommended age range for risk-reducing surgery in people with my gene mutation?
- ☐ Is any screening effective for ovarian cancer?Is screening an option for me if I?m not ready to remove my ovaries? If I do not have surgery, what is the chance of detecting ovarian cancer at an early stage?
- ☐ If I remove my ovaries and tubes, will I still be at risk for primary peritoneal cancer? If so, how high is that risk? Is there any way to screen for it after surgery?
- ☐ I do not plan to have more children. When should I have this surgery?
- ☐ I would still like to have children. When should I have this surgery?
- ☐ I would like to have children after surgery. Is fertility preservation an option for me?
- ☐ What are the possible complications from surgery to remove my ovaries and tubes?
- ☐ What is my lifetime risk for endometrial cancer?
- ☐ Do you recommend removal of my uterus (hysterectomy)? Why or why not?
- ☐ What are the possible complications from hysterectomy?
- ☐ How would a hysterectomy at the time of ovary and fallopian tube removal affect my surgical recovery? How might it affect my risk for short-term and long-term complications?
- ☐ Would removing my uterus at the time of ovary and fallopian tube removal affect decisions about menopause management?
- ☐ Would removing my uterus at the time of ovary and fallopian tube removal affect decisions about taking medications like tamoxifen to treat or to lower my risk for breast cancer?
- ☐ Is having surgery to remove only my fallopian tubes an option for me? Will this surgery lower my risk for cancer? If I have tubes-only surgery, do you recommend that I have my ovaries removed later?
- ☐ If I have surgery to remove just my fallopian tubes and then have my ovaries removed at a later date, will insurance likely cover both surgeries?
- ☐ Am I a candidate for hormone replacement therapy? If not, why not? If not, are there other options for managing my menopause symptoms?

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Questions for people with Lynch syndrome or another mutation linked to endometrial cancer

- [ ] What is my lifetime risk for endometrial cancer?
- [ ] What is the average age of onset for endometrial cancer in people with my gene mutation?
- [ ] What is the recommended age range for risk-reducing surgery in people with my gene mutation?
- [ ] Do you recommend that I have a hysterectomy?
- [ ] What are the possible complications from hysterectomy?
- [ ] Is any screening effective for endometrial cancer? If I do not have surgery, what is the chance of detecting endometrial cancer at an early stage?
- [ ] What is my lifetime risk for ovarian or fallopian tube cancer?
- [ ] What is the average age of onset for ovarian or fallopian tube cancer in people with my gene mutation?
- [ ] Do you recommend that I have my ovaries removed at the time of hysterectomy? Why or why not?
- [ ] How would removing my ovaries at the time of hysterectomy affect my surgical recovery? How might it affect my risk for short-term and long-term complications?
- [ ] If my ovaries are removed, am I a candidate for hormone replacement therapy? If not, why not? If not, are there other options for managing menopause symptoms?
- [ ] Is any screening effective for ovarian cancer? If my ovaries are not removed, what are the chances of detecting ovarian cancer at an early stage?
- [ ] If my ovaries are not removed, will you remove my fallopian tubes at the time of hysterectomy?
- [ ] I would like to have children. When should I have this surgery?
- [ ] I would like to have children after surgery. Is fertility preservation an option for me?
- [ ] I do not plan to have more children. When should I have this surgery?

Questions about menopause symptoms and how to manage them

- [ ] What symptoms am I likely to experience after removal of my ovaries? How long after surgery are they likely to develop?
- [ ] How will you manage my menopausal symptoms?
- [ ] Am I a candidate for hormone replacement? If not, why not?
- [ ] Which hormone replacement regimen do you recommend for me?
- [ ] Should I have a bone density test? If so, when? How frequently do you recommend repeating it?
- [ ] Can you refer me to a menopause expert?

Questions about insurance coverage

- [ ] Will my insurance cover the cost for surgery? What are my estimated out-of-pocket costs?
- [ ] What resources can help cover my out-of-pocket surgery costs?
- [ ] Will my insurance cover fertility preservation options?
- [ ] What resources can help cover my costs for fertility preservation?

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