

## **South Asian Women with Diabetes - Psychosocial challenges and management: Consensus statement**

### **DIABETES AND INCREASED RISK OF ENDOMETRIAL CANCER**

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Diabetes is associated with increased risk for some cancers (liver, pancreas, endometrial, colon and rectum, breast, bladder). Diabetes (primarily type 2) has been associated with an increased risk of endometrial cancer in most studies. A meta-analysis by Friberg E et al <sup>[1]</sup> supports a relationship between diabetes and increased risk of endometrial cancer. In this meta-analysis 16 studies were reviewed, total 96,003 participants and 7,596 cases of endometrial cancer were studied. Diabetes was statistically significantly associated with an increased risk of endometrial cancer (summary RR 2.10, 95% CI 1.75-2.53).

The association between diabetes and some cancers may partly be due to shared risk factors between the two diseases, such as aging, obesity, diet, and physical inactivity. Due to lack of health care resources, screening for cancer by pap's smear, and mammogram and breast exam, is limited in South Asian countries. In a study of 809 females in rural Kerala the utilization of Pap's smear was 6.9%. <sup>[2]</sup> Though there is no specific screening test for endometrial cancer, Pap smear may show some abnormalities indicative of endometrial cancer. We recommend screening for breast and endometrial cancer for our female patients, with diabetes. We recommend healthy lifestyle for our patients. As obesity is associated with endometrial cancer, we recommend healthy diet and exercise to avoid obesity in our female patients with diabetes.

#### References:

1. Friberg E, Orsini N, Mantzoros CS, Wolk A. Diabetes mellitus and risk of endometrial cancer: a meta-analysis. *Diabetologia*. 2007;50:1365-74.
2. Aswathy S, Quereshi MA, Kurian B, Leelamoni K. Cervical cancer screening: Current knowledge & practice among women in a rural population of Kerala. *Indian J Med Res*. 2012;136:205-10.