Women Pursuing Metabolic/Bariatric Surgery are at Increased Risk for Endometrial Cancer
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Introduction
Endometrial cancer (EC) is the most highly obesity-associated malignancy and is also has the highest cancer incidence of young women. Early identification of endometrial pathology in the context of severe obesity may expand treatment options and help women who wish to preserve childbearing avoid hysterectomy. Data on underlying endometrial pathology in women pursuing metabolic/bariatric surgery is limited.

Methods
The Endometrial Cancer Risk Survey, a 10-item questionnaire designed to identify dysfunctional uterine bleeding, was implemented as a part of pre-operative screening at two high-volume bariatric clinics. The survey combines tools designed to identify anovulatory, postmenopausal, and heavy menstrual bleeding (SAMANTA) as a surrogate marker of endometrial cancer risk. Initial data was collected from March 2021 - December 2022.

Results
Out of 804 eligible women presenting for surgical evaluation, 409 (51%) positive screens were identified for gynecologic referral and evaluation to rule out endometrial hyperplasia/cancer. Fourteen percent of women explicitly noted “abnormal bleeding or spotting”, while 31% had a SAMANTA score of ≥3, indicating heavy menstrual bleeding. Within this population, women with obesity at the highest BMI levels, ages 26-45 were more likely to screen positive. Moreover, Black/African American women are disproportionately represented and are even higher risk.

Conclusions
Women with severe obesity presenting for metabolic/bariatric surgery have a high prevalence of dysfunctional menstrual bleeding and are at increased risk for EC. Younger women, African American women, and those with extremely high BMI were more likely to screen positive with SAMANTA. Patients presenting for metabolic/bariatric surgery may benefit from routine screening for EC risk with appropriate gynecologic referral. Pre-menopausal women may additionally benefit from fertility-sparing approaches to endometrial cancer treatment which are often more feasible early in the disease course.