Based on your answers, you may be at risk for Lynch Syndrome.

What is Lynch Syndrome?

Lynch syndrome (LS) is an inherited condition that is associated with an increased risk of the following cancers:

- Colorectal
- Endometrial
- Ovarian
- Gastric
- Small bowel
- Other cancers: Hepatobiliary tract, urinary tract, brain, sebaceous neoplasms, prostate, pancreas, and breast

Lynch syndrome was previously called hereditary nonpolyposis colorectal cancer (HNPCC). Lynch syndrome affects both men AND women. It is caused by changes (pathogenic variants) in one of five different genes. People with a first degree relative (mother, father, sibling, child) with a pathogenic variant in one of these genes has a 50% chance of also having the mutation. Genetic testing in families with Lynch syndrome can help clarify a person's risk of developing cancer. Finding out that someone is at risk for Lynch syndrome leads to increased screening with the goal of preventing cancer or finding it at an earlier, more treatable stage, thus saving lives.

What do you do if you may be at risk for Lynch syndrome?

People with a significant personal or family history of Lynch syndrome-related cancers should be referred for genetic counseling to discuss their risk. It is recommended that you take the following steps:

- talk to your health care provider about the results of this assessment
- look for genetic counseling from a qualified professional

Cancer genetic counselors are professionals who have specialized education in genetics and counseling to provide information on your risk of developing cancer. Genetic counselors can work with you and your doctor to understand genetic information and help you make informed decisions. They can also provide emotional support as you make these decisions.

Genetic counseling is a process that helps identify a person's risk of Lynch syndrome. Genetic counseling does not always lead to genetic testing and a patient can always choose not to undergo genetic testing.

A genetic counseling session may include:

- Gathering of individual and family health history
- Assessment of cancer risk
- Genetic counseling before and after any recommended tests
- Informed consent for all recommended procedures
- Guidance on cancer prevention measures, in case of positive test results
- Possible screening of family members who may carry the same mutation

To find a Michigan genetic counselor closest to you, please visit https://migrc.org/providers/michigan-cancer-genetics-alliance/mcga-directory-of-cancer-genetic-services-providers/.

Resources

For more information on Lynch Syndrome, please consider the following resources:

- www.Michigan.gov/hereditarycancer
- https://www.cancer.net/cancer-types/lynch-syndrome
- https://www.cdc.gov/cancer/knowledge/provider-education/genetics/lynch-syndrome.htm
- https://www.ncbi.nlm.nih.gov/books/NBK1211/