Based on your answers, you may be at risk for less-common hereditary cancer syndromes.

What are some of the less-common hereditary cancer syndromes?

Two of the more common types of hereditary cancer are Hereditary Breast and Ovarian Cancer (HBOC) and Lynch syndrome. Please see the resources specific to those conditions for more information.

However, there are many hereditary cancer syndromes that do not get as much attention. Below are some examples of rare hereditary cancer conditions and some of the cancer types associated with them:

- Li-Fraumeni Syndrome
  - Sarcomas, Breast cancer, brain tumors, adrenocortical carcinoma, and leukemia
- Cowden Syndrome
  - Thyroid cancer, breast cancer, and endometrial cancer
- Von Hippel Lindau (VHL)
  - Hemangioblastomas, renal cell (kidney) carcinoma, endocrine tumors
- Multiple Endocrine Neoplasia (MEN)
  - Thyroid cancer and other endocrine tumors

The best way to learn about patterns associated with rare hereditary cancer conditions is to meet with a genetic counselor or another genetic professional.

What do you do if you may be at risk for one of these conditions?

A visit to a cancer genetics clinic can help determine if your personal and family health history fits a pattern for a rare cancer condition. People with a significant personal or family history of cancers to these conditions 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 risk 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 HBOC. 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 these rare cancer conditions, please consider the following resources:

- Li-Fraumeni Syndrome: https://www.ncbi.nlm.nih.gov/books/NBK1311/
- Cowden syndrome: https://www.ncbi.nlm.nih.gov/books/NBK1488/
- Von Hippel Lindau (VHL):
- https://www.ncbi.nlm.nih.gov/books/NBK1463/
- Multiple Endocrine Neoplasia (MEN): https://www.ncbi.nlm.nih.gov/books/NBK1488/