Based on your answers, you may be at risk for hereditary colorectal/polyposis syndromes.

What are hereditary colorectal/polyposis syndromes?

Hereditary colorectal/polyposis syndromes are a group of inherited conditions that are associated with an increased risk of colorectal cancer and developing many polyps in the digestive tract. Polyps are growths of tissue that form a lump in the intestine. Many people are found to have a few polyps when they get a colonoscopy. But some people have a genetic change that causes them to have many more polyps. Some of these polyps can develop into cancer.

Examples of polyposis conditions include:

- Familial Adenomatous Polyposis (FAP)
- Attenuated Familial Adenomatous Polyposis (AFAP)
- MUTYH-Associated Polyposis (MAP)
- Peutz-Jeghers Syndrome
- Juvenile Polyposis Syndrome
- Serrated Polyposis Syndrome

Hereditary colorectal/polyposis syndromes can affect everyone, regardless of gender. It is caused by harmful mutations or changes (pathogenic variants) in a gene. Different polyposis conditions are caused by different genes and have different cancer risks.

People with a first-degree relative (mother, father, sibling, child) with a hereditary polyposis condition can have up to a 50% chance of also having the variant. Genetic testing can help clarify if a person in a family has inherited the gene change and as such, find out which relatives have an increased chance of developing cancer.

What do you do if you may be at risk for a hereditary polyposis syndrome?

People with a significant personal or family history of colorectal/polyposis 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.

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, please consider the following resources:

- https://www.nccn.org/professionals/physician_gls/pdf/genetics_colon.pdf
- https://www.ncbi.nlm.nih.gov/books/NBK1345/
- https://www.cancer.net/cancer-types/familial-adenomatous-polyposis