Your Referral to the Hereditary Cancer Clinic
Testing for Lynch Syndrome

A hereditary cancer syndrome happens when a person has a greater chance of developing certain cancers because of a risk factor that is passed on in families (hereditary). About 5-10 out of 100 cases of cancer happen because of a changed gene (mutation) that has been passed on from a biological parent.

Hereditary cancer is suspected when:

- there are unusually young cases of cancer in a family
- many family members from multiple generations develop the same or related types of cancer

Why am I being referred to the Hereditary Cancer Clinic?

We test all **endometrial (uterine)** and **colon tumours** for a hereditary cancer syndrome called **Lynch Syndrome**. Your tumour tissue was tested and it suggests you **might have** Lynch syndrome, so we would like you to talk with someone at the Hereditary Cancer Clinic about possible genetic testing.

What is Lynch syndrome?

Lynch syndrome is a hereditary cancer syndrome that increases a person's chance of developing some types of cancer, such as uterine (endometrial), colon cancer and others.

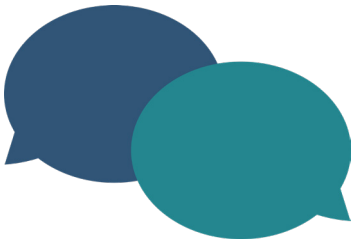
Lynch syndrome is linked to mutations in certain genes called MLH1, MSH2, MSH6, PMS2, and EPCAM.

Why should I attend an appointment at the Hereditary Cancer Clinic?

This appointment will help you:

- Understand the risks and benefits of genetic testing so you can make an informed decision about whether or not genetic testing is right for you and your family.
- Find out if your cancer diagnosis is caused by Lynch syndrome.
- Understand what Lynch syndrome is and what it means for you and your family.
- Assess your risk for other cancers.
- Find out if your family members could have an increased risk for cancer.

How can I prepare for my genetics appointment?



- Talk to your family members to find out who else in your family has had cancer and at what age. **Complete the family history questionnaire you got at your referral and send it as soon as you can.**
- Write down questions to ask your genetic counsellor.
- Consider having a friend or family member come to your appointment. Sometimes it is hard to remember all the information you get during the appointment.
- Consider downloading the **My Care Conversations** app from Alberta Health Services to help you securely audio record the information during your appointment.

What happens after my appointment?

You may decide to have genetic testing for Lynch syndrome. Having the genetic test is your choice.

If you are diagnosed with Lynch syndrome:

- We recommend having specific cancer screening to help with early detection and prevention of some cancers.
- It may be important for your family members to be referred to a genetics clinic.

What supports are available?

Knowing you or your family members may be at increased risk of cancer can be very stressful. There is help and support with decision-making about genetic testing, coping, and discussing genetic findings with family members. Ask your healthcare provider for information about psychosocial support services.

Where can I find more information?

- AHS cancer resources - **www.cancercarealberta.ca**
- Clinical and Metabolic Genetics Program - **www.albertahealthservices.ca/info/page15513.aspx**
- Information on Lynch syndrome: Lynch Syndrome International - **www.lynchcancers.org**
- Talk to your health care provider if you have any questions or concerns.

Alberta Health Services

Cancer Care Alberta

Procedures, Lines, Tests | Lynch Syndrome Referral | PROV | 2021 | CPE-L0036

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