

Lynch Syndrome: Key Information for Healthcare Providers

Understanding Lynch Syndrome

Lynch Syndrome is a hereditary condition caused by mutations in DNA mismatch repair genes (MLH1, MSH2, MSH6, PMS2, EPCAM). It significantly increases the risk of colorectal, endometrial, ovarian, gastric, urinary tract, biliary tract, prostate, pancreatic, brain, and skin. Early detection and tailored management are critical in improving patient outcomes.

Why This Matters for Your Patients

Patients with Lynch Syndrome require enhanced surveillance and risk-reducing strategies. Proactive care can prevent cancer development and improve survival rates.

Clinical Management Recommendations

Enhanced Screening Protocols

- Colonoscopy every 1-2 years starting at age 20-25
- Endometrial and ovarian cancer screenings
- Annual full body skin exams
- Consider gastric, urinary tract, and pancreatic cancer surveillance for high-risk patients

Genetic Counseling & Testing

- Identify at-risk family members
- Recommend genetic testing for first-degree relatives

Preventive & Risk-Reducing Strategies

- Prophylactic surgery for high-risk cases
- Lifestyle and pharmacologic interventions

Multidisciplinary Coordination

- Referral to gastroenterologists, gynecologic oncologists, and genetic specialists
- Develop individualized patient management plans

Stay Informed & Provide the Best Care

Ensure your patients receive comprehensive, evidence-based care. Contact a genetic counselor or a Lynch Syndrome specialist for further guidance.

