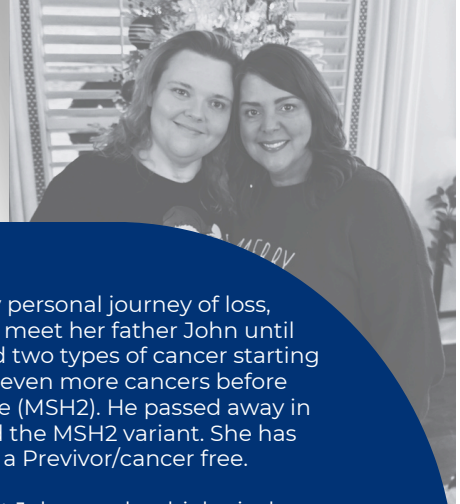
Our Story



Lynch Syndrome Awareness was born from a deeply personal journey of loss, discovery, hope, and determination. Jennifer did not meet her father John until she was 25. When she met him, he had already faced two types of cancer starting at the age of 35. Over the following years, he battled even more cancers before doctors finally identified the cause—Lynch Syndrome (MSH2). He passed away in 2023, the same year Jennifer learned she also carried the MSH2 variant. She has followed the recommended guidelines and remains a Previvor/cancer free.

In 2024, Thrisha uncovered through DNA testing that John was her biological father and that she had two siblings—Jennifer and a younger brother. Thrisha had already been diagnosed with both endometrial (at 34) and thyroid cancer (at 35). After learning about Lynch Syndrome, she took a genetic test that confirmed she also has Lynch Syndrome. Their brother is still awaiting results.

They both quickly realized how few doctors understand Lynch Syndrome—many offered outdated or incorrect guidance. This gap in awareness puts many families in danger, often without them knowing it. They knew that they wanted to help change this and they started the non-profit to help save lives.

Together, we can change the future for those living with Lynch Syndrome.

Our Mission

Lynch Syndrome Awareness and Education is a national non-profit dedicated to increasing understanding of Lynch Syndrome within both the general public and the medical community. Many remain unfamiliar with this hereditary genetic condition, leaving countless families at risk.

We believe that by promoting education, encouraging genetic testing, and providing clear, accessible resources, we can empower individuals to take proactive steps for their health. Through awareness campaigns, advocacy, and collaboration with healthcare professionals, our mission is simple yet vital to save lives by turning knowledge into action.

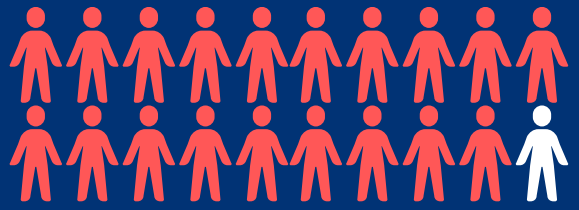
LYNCH SYNDROME AWARENESS

What is **Lynch Syndrome?**

Lynch Syndrome is **the most common** hereditary cancer condition, caused by **inherited genetic mutations**—most often in the MLH1, MSH2, MSH6, PMS2, or EPCAM genes. About 1 in 279 people carry a Lynch mutation, but 95% don't know it. This condition greatly increases the risk of developing colorectal, endometrial (uterine), ovarian, stomach, pancreatic, urinary tract, skin, and other cancers—often at younger ages than the general population.

1 in 279

Americans are Lynch Positive



Does Cancer run in your family?

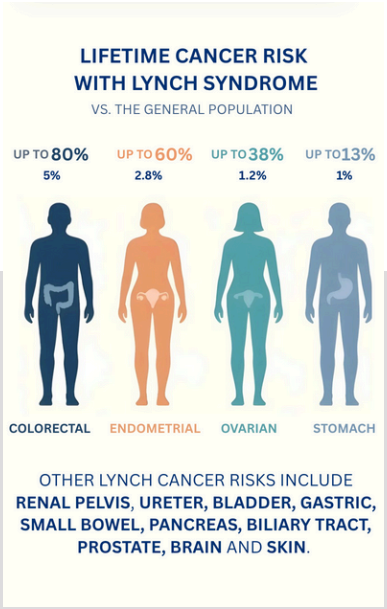
95%

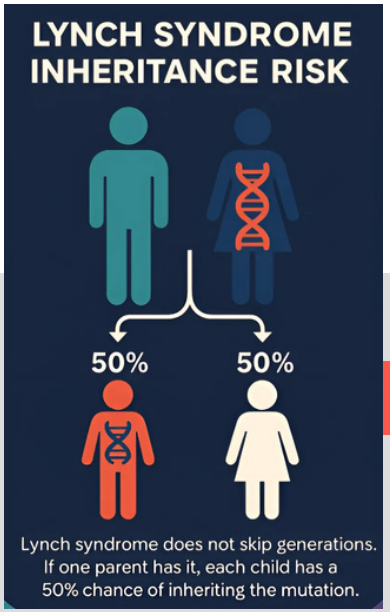
of those Americans are **unaware** they have Lynch Syndrome

Get In Touch

What Causes Lynch Syndrome?

Lynch Syndrome is caused by an inherited mutation in the genes that repair DNA. When these genes don't work, DNA errors build up, raising the risk of cancer.





These statistics are based on the latest NCCN current data, these are subject to change.

"I HAVE A FAMILY HISTORY OF CANCER..."

Start by gathering your **family's cancer history**, including who was diagnosed and at what age. **Share** this **with your doctor** or a genetic counselor to see if genetic testing is right for you. If you're unsure of your family history, a **genetic counselor** can still help. Genetic testing is the most reliable way to find out if you have Lynch Syndrome and can guide potential life-saving prevention.

KNOWING YOUR GENETICS CAN SAVE YOUR LIFE!

Having Lynch Syndrome doesn't mean you'll get cancer—but knowing you have it **can save your life.** It enables earlier personalized care, more frequent screenings, targeted treatments, preventive options, and better outcomes. This knowledge helps protect your health and guide your family's care too.

Key Steps to Stay Healthy with Lynch Syndrome

1 Know Your Risk & Share Your History

- **Tell your healthcare providers** that you have Lynch Syndrome.
- Share your genetic test results with **family** so they can consider testing.
- Keep a copy of your **family health history** and **update** it regularly.

2 Regular Screenings Save Lives

- **Colorectal Cancer (most common):** Colonoscopy every 1–2 years starting at age 20–25, or 2–4 years earlier than the youngest case in your family.
- **Endometrial & Ovarian Cancer (for women):** Consider preventive surgery (hysterectomy and oophorectomy) after having children. Screening with transvaginal ultrasound or endometrial biopsy may be discussed, though not always effective. Report symptoms like abnormal bleeding, bloating, or pelvic pain.
- **Stomach & Small Intestine:** Upper endoscopy (EGD) every 2-4 years starting at age 30–35, especially if there's family history or you're of high-risk ancestry (e.g., Asian descent).
- **Urinary Tract:** Annual urinalysis starting at age 30–35 to check for blood in the urine.
- **Skin Cancer:** Skin exams every year with a dermatologist, especially if you have the Muir-Torre variant.

3 Talk About Preventitive Options

- **Aspirin therapy:** Some studies show daily aspirin may reduce colon cancer risk (discuss dose/risks with your doctor).
- **Risk-reducing surgeries:** Might be recommended for women (uterus/ovaries) and sometimes for other organs depending on family history.

4 Healthy Lifestyle Choices

- **While genetics can't be changed, lifestyle still matters:**
  - Eat a balanced diet rich in fruits, vegetables, and whole grains.
  - Limit red & processed meats.
  - Avoid smoking and limit alcohol.
  - Exercise regularly (150 minutes/week).
  - Maintain a healthy weight.
  - Eat 30 grams of resistant starch daily.

5 Stay Connected & Informed

- Join **support networks** and advocacy groups for Lynch Syndrome.
- Stay updated on **new research** and **clinical trials** (clinicaltrials.gov)**.**
- Bring questions to every appointment—**advocate for yourself**.