Lynch Syndrome

What else can you do?

If you only do one thing, do this: Share your physician report with a healthcare provider as soon as possible.

How Lynch syndrome is inherited

Here is how the inheritance works: You have two copies of most genes that control your body. Lynch syndrome is caused by a mutation in one of these genes. If you have Lynch syndrome, you have one working copy of that gene and another copy that is mutated. So you have one normal gene and one that is abnormal.

It's also important to know that if two people with a DNA difference in the same gene linked to Lynch syndrome have a child, that child will also have Lynch syndrome. This is because these genes are passed down from your parents.

If both of your parents have Lynch syndrome, you will get your abnormal gene from both parents and you will have Lynch syndrome. If one of your parents has Lynch syndrome, you will get your abnormal gene from your parent and your normal gene from the other parent. You will have Lynch syndrome only if you have an abnormal gene from each parent.

It's possible you could have additional DNA differences linked to Lynch syndrome that are not found in your report. The report you received may contain information about your genetic risk, but it may not provide a full picture of your potential risk.

The results you received are for genetic testing and should not be used to make diagnostic conclusions. You and your healthcare provider will need to discuss the implications of your test results.

Lynch Syndrome

Chances of developing various cancers before age 70

If you have Lynch syndrome, your chances of developing certain cancers are much higher than typical.

- Your chances of developing colon cancer by age 70 may be as high as 5 in 10.
- You have a chance of developing 1 in 12 cancers in the U.S., including colon cancer. Lynch syndrome.
- You may be at a higher chance of developing several other cancers.

AncestryHealth® has partnered with PWNHealth for genetic counseling.

You can work with a healthcare provider to make a plan to try to help you prevent the cancers you might have about your result and possible. Only a healthcare provider can determine whether you have Lynch syndrome.

- Preventing cancer starts with healthy lifestyle changes.
- Following a healthy diet can make a difference.
- Drinking less alcohol and being physically active may help reduce the chances of developing colon cancer for some people.
- Avoiding obesity and by controlling their weight.
- Regular cancer screenings, as recommended by the National Comprehensive Cancer Network and American Cancer Society.

There are however many reasons to continue to live a healthy lifestyle:

- Smoking causes about a third of all cancer.
- In people with Lynch syndrome, smoking between ages 20 to 25, or even earlier may improve your chances of developing colon cancer.
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