

Version 4 GENE SPECIFIC SHORT 2026/04
LS letter from local trust/genetics team/ICB/cancer alliance

Letter to be personalised to patient specifically, regarding gene and gender.

Dear GP

RE: Patient, details include which MMR gene affected

This patient has Lynch Syndrome (LS), and recent updates to its management have been published. It is important to review key aspects of their care to ensure they receive the most current guidance. Individuals with LS have a higher lifetime cancer risk than the general population, and many are well informed through support networks and healthcare teams. This summary is intended to support primary care in staying up to date with the latest evidence.

Action for primary care:

1. Check Lynch Syndrome is coded (SNOMED 716318002) inc. which gene affected (MLH1, MSH2, MSH6, PMS2 or EPCAM)
2. File this letter in the patient records so that it is easily identifiable as a source of reference.
3. Flag this individual is at high risk of developing cancer, have a low threshold to investigate and refer.
4. Aspirin reduces the future risk of bowel cancer, review prescribing (BMI <30 75mg, BMI >30 150mg). Prior to prescribing test and treat for Helicobacter Pylori.
5. Confirm they are linked into the national Bowel Screening Programme.

Depending on gene and gender, Lynch syndrome causes a high risk of colorectal, endometrial ovarian, prostate and gastric cancer. There is also an increased risk of other cancers including: ureter/kidney, urinary bladder, small bowel, pancreas, bile duct/gall bladder, brain, and skin. Gene & gender specific risks can be found at: <https://www.ukcgg.org/information-education/ukcgg-leaflets-and-guidelines>

Ensure that all patients are advised on risk reduction through lifestyle such as:

- Maintain normal body weight
- Avoid smoking
- Minimise alcohol intake
- Resistant starch (fibre) intake of 30g daily to reduce the risk of non-colorectal cancer in LS
- Reduce red and processed meat
- Be skin cancer aware
- Be prostate aware and consider PSA from age 40
- Be endometrial cancer aware
- Be vigilant for symptoms (e.g. pain, lumps, weight loss, tired, losing blood, change in the bowel/urine pattern, erectile dysfunction) and seek a review.

There are many national resources that contain the latest guidance and information on LS, such as information on aspirin prescribing, please look at this link for the latest guidance: <https://wessexcanceralliance.nhs.uk/lynch-syndrome/> or use the QR code below.



For your information, patients with Lynch Syndrome known to Southampton should have access to the My Medical Records platform to link into the service.

If you have queries about your patient, please contact the local genetics team at GeneticsTeam@uhs.nhs.uk

Yours sincerely

Signed

Endorsed by Wessex Cancer Alliance and the South & Central Genomic Medicine Service Alliance