

COLORECTAL CANCER AWARENESS MONTH

Weekly Topic Briefer

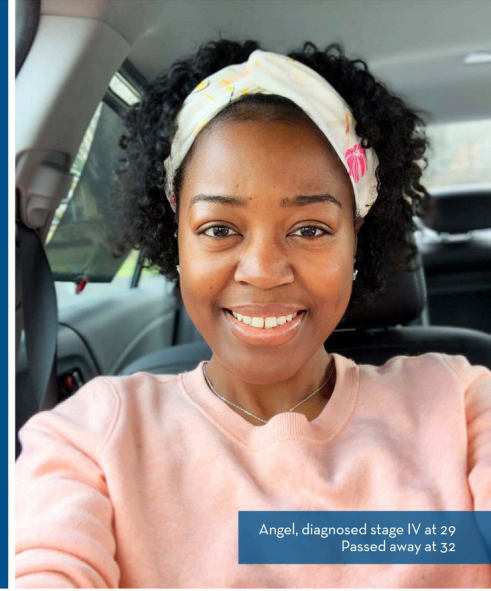
YOUNG ADULT CRC

What can be done?

- **Know your risk factors.**
- **Talk to doctors** about suspicious **symptoms**.
- **Know and record** your family's cancer **family health history**
- **Discuss your family health history with your doctor** to **assess cancer risk**.
- **Be your own advocate.** Advocating for one's health and health care is a necessary skill to ensure access to quality care and one's ability to make informed decisions about what happens to their body.

AGE IS NOT A FACTOR.

By 2030,
colon cancer is
projected to be the
**#1 CAUSE OF
CANCER DEATH**
for adults under 50.



Important Things to Remember

- **Young-onset** colorectal cancer is often **diagnosed** at more **advanced stages**, which may be due to **delayed** recognition of **symptoms** and **screening**.
- **Symptoms** are similar to colorectal cancer in older adults, including **changes in bowel habits, abdominal pain, and rectal bleeding**.
- **Risk factors** may include **family history** of colorectal cancer, **genetic mutations**, and certain **hereditary** conditions.
- Many young-onset colorectal cancer cases have a **genetic component**, making **genetic counseling and testing important** for patients and families.
- Young-onset colorectal cancer can have a significant **psychosocial impact**, including challenges related to **career, family, and emotional well-being**.
- **Treatment options** are similar to those for older adults, including **surgery, chemotherapy, and radiation**, but issues like fertility may impact treatment decisions.
- **Treatments may affect fertility**, so it's important for young patients to discuss fertility preservation options with their medical team.
- **Healthy lifestyle choices**, including **diet** and **physical activity**, are important for **prevention and recovery**.

FACTS AND FIGURES

- Incidence trends are rapidly shifting the patient population younger
- **1 in 5 (20%) of CRCs in 2019 were in people 54 years or younger**, up from 1 in 10 (11%) in 1995. (ACS)
- **Young people** who get diagnosed are often **diagnosed at a later stage**.
- By 2030 CRC is projected to be the number one cause of cancer death among people under 50.

Click on the Links Below to Learn More

- [Young-Onset CRC Facts | Colorectal Cancer Alliance](#)
- [Colorectal Cancer Rising among Young Adults - NCI](#)
- [Possible Signs of Colorectal Cancer in Younger Adults - NCI](#)
- [Colorectal Cancer in Young Adults: What Are We Learning? - Colon Cancer Foundation](#)



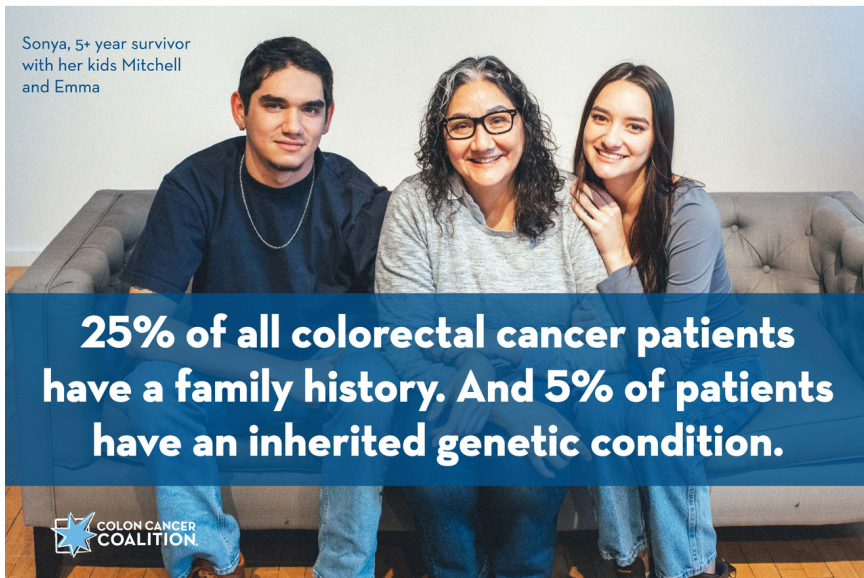
Northwest CRC Task Force

LYNCH SYNDROME

What is Lynch Syndrome?

- Some colorectal cancers (CRC) are inherited. About **3-5 % of all CRC's** are due to an **inherited** condition called **Lynch Syndrome**.
- **Lynch Syndrome** (previously referred to as hereditary nonpolyposis colorectal cancer, HNPCC) is an **inherited disorder** that **increases the risk for colorectal, endometrial, and many other types of cancer**.
- Lynch Syndrome is **caused by autosomal dominantly inherited mutations** in the mismatch repair (MMR) genes MLH1, MSH2, MSH6 and PMS2. Most individuals with Lynch Syndrome are undiagnosed.
- **Most individuals** with Lynch Syndrome are **undiagnosed**.
- Individuals with Lynch Syndrome have a significant **increased risk of developing colorectal cancer**.
- **First-degree relatives** of individuals identified with a Lynch Syndrome gene mutation also have a **50% chance** to carry the **mutation**.
- It is **crucial to identify** patients with **Lynch Syndrome** and their relatives to allow them **to take advantage of interventions** that can significantly **reduce their risk of cancer in the future**.

Sonya, 5+ year survivor
with her kids Mitchell
and Emma



25% of all colorectal cancer patients have a family history. And 5% of patients have an inherited genetic condition.



CLICK ON THE LINKS BELOW TO LEARN MORE:

- [Lynch Syndrome | Washington State Department of Health](#)
- [Cancer Can Run in the Family](#)
- [My Family Health Portrait](#)
- [Hereditary Cancer Resources for Providers](#)
- [Genetic Clinics in Washington and Portland, OR](#)
- [Family Cancer Syndromes | American Cancer Society](#)

SIGNS OF CANCER SYNDROMES

- Multiple family members with the same type of cancer
- Stories about cancer running in the family
- Family members developed cancer at a young age
- Family members with more than one type of cancer

WHAT IF I HAVE A CANCER SYNDROME?

- You may not have signs or symptoms, but you are at higher risk of developing certain types of cancer
- However, not everyone who inherits a cancer syndrome will develop cancer

UNDERSTAND & REDUCE YOUR RISK

If cancer runs in your family:

- Collect your family history of cancer
- Talk to your doctor about it
- Encourage family members to talk to their doctors
- Talk to a genetic counselor about if genetic testing may be right for you
- Reduce your risk by getting screened for cancer

Image sourced from DOH Lynch Syndrome Infographic

Facts and Figures

- It is estimated that 1 in 279 individuals has Lynch syndrome but **over 98% are undiagnosed**.
- The **lifetime risk** for colorectal cancer for individuals with Lynch syndrome is **10-80%**, while for an individual without Lynch syndrome, it is 5.5%.
- The risk for a second primary colorectal cancer is 15%-20% at 10 years.
- **Females** with Lynch Syndrome also have a **28%- 60% lifetime risk for endometrial cancer**.
- Identifying these undiagnosed individuals has the potential to reduce rates of morbidity and mortality from colorectal cancer.