*Instructions: Please find below suggested wording for a letter to your family members. If possible, you might consider talking to your relatives about your Lynch syndrome diagnosis first and then sharing the letter with them to help them remember what you discussed. Please read through this letter, fill in missing information, and make any additional changes you feel are needed. If possible,* ***include a copy of your genetic testing results*** *or informational sheet on your particular genetic change (mutation) with the letter. These results will be important for your relatives when they speak with their healthcare providers. This letter only applies to blood relatives and not “in-laws.” Blood relatives include your parents, grandparents, children, siblings, aunts, uncles, nieces, nephews, and cousins.*

Dear **[xx]**,

I’m writing to let you know that I have been diagnosed with an inherited condition called Lynch syndrome, or Hereditary Non-Polyposis Colorectal Cancer (HNPCC). People with Lynch syndrome are much more likely to get colorectal cancer and other types of cancer. Lynch syndrome runs in families and is due to errors in certain genes (known as mutations).

Because you are my blood relative, you are more likely to have Lynch syndrome and could benefit from genetic counseling and possibly genetic testing for Lynch syndrome.

If you find out that you have Lynch syndrome, you can take steps to lower your chances of getting cancer and to find cancer earlier if you do get it. These steps include preventive surgery and earlier, more frequent, and additional cancer screening. It is important to note if you have Lynch syndrome, it does not mean that you will definitely get cancer.

People with Lynch syndrome are more likely to get certain types of cancers, including colorectal cancer, endometrial (uterine) cancer, ovarian cancer, biliary tract cancer, sebaceous skin tumors, and urinary tract cancer. The attached document shows the specific mutation I have and this mutation is the one for which my family members should be tested. My parents, [brothers/sisters/children (include any of these that you have)] have a 50% (1 in 2) chance of having Lynch Syndrome. My other blood relatives (aunts, uncles, nieces, nephews, and cousins) might also have Lynch Syndrome. Please note that genetic testing for Lynch syndrome is not recommended for children under 18 years old, but can be considered when they reach adulthood.

The first step is to discuss this with your doctor who can provide you with more information about genetic testing for Lynch syndrome. Your doctor may refer you to a genetic counselor. You can find the genetic counselor closest to you at [www.nsgc.org](http://www.nsgc.org).

For more information about Lynch syndrome, here are some helpful resources:

* [www.cancer.net/cancer-types/lynch-syndrome](http://www.cancer.net/cancer-types/lynch-syndrome)
* [www.cdc.gov/Features/LynchSyndrome/](http://www.cdc.gov/Features/LynchSyndrome/)
* [www.ghr.nlm.nih.gov/condition/lynch-syndrome](http://www.ghr.nlm.nih.gov/condition/lynch-syndrome)

I understand that it can be hard to hear that you and others in our family could have Lynch syndrome. However, knowing about your risk is the first step in protecting yourself from getting cancer, and I want to help make sure that you and others in our family know about this important information. Please let me know if you have any questions.

Sincerely,

**[ ]**