CANCER SYNDROMES: LYNCH SYNDROME

Week 5

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Homework Assignment: ACOG Practice Bulletin #147
Lynch Syndrome
LEARNING OBJECTIVES

• To review cancers associated with Lynch syndrome and their lifetime risk

• To be able to identify individuals at risk of Lynch syndrome through assessment of personal and family medical histories

• To feel comfortable counseling patients on screening and prevention strategies for at risk individuals in order to reduce morbidity and mortality
CASE VIGNETTE

• Ms. J.M., a 28 y.o. G0 woman presents to your office as a new patient for her annual well-woman exam.

  • She has no acute complaints.
  • She reports feelings of sadness and grief over the past few months due to the recent loss of her mother.
What elements of the patient’s history are most relevant?

- **OBHx:** Nulliparous
- **GYNHx:** Regular menses. Denies h/o abnormal paps, STIs, fibroids, cysts. Reports 3 lifetime sexual partners. Not currently SA.
- **PMHx/PSHX:** Denies
- **Meds:** MVI
- **Allergies:** NKDA
- **SocHx:** Occasional ETOH. Denies use of tobacco or illicit drugs.
- **FamHx:** Mother deceased from endometrial cancer at 57 y.o., maternal grandmother deceased from glioblastoma at 48 y.o.
PERTINENT PHYSICAL EXAM FINDINGS

What elements of the patient’s physical exam are most relevant?

• Vitals:  BP 123/68, 145lbs, 5’4”, BMI 24.9
• HEENT:  No adenopathy, normal thyroid
• Breast:  Symmetric, non-tender, no masses, no skin changes, no nipple changes or discharge, no LN
• Abd:    Non-distended, soft, nontender
• Pelvic:
  • Vulva:  NEFG, no lesions
  • Vagina: Pink, healthy mucosa, no discharge
  • Cervix: Nulliparous os, no lesions, no discharge, no CMT
  • Uterus: Small, AV, non-tender
  • Adnexa: No masses, non-tender
BACKGROUND

• Lynch syndrome was previously known as hereditary nonpolyposis colorectal cancer

• **Autosomal dominant** inherited cancer susceptibility syndrome

• Caused by **defects in the mismatch repair system**
  • Responsible for repairing single-base mismatches which occur during DNA replication

• Accounts for:
  • Most cases of hereditary uterine and colon cancer
  • Second most common cause of inherited ovarian cancer

• Population prevalence: 1 in 600 to 1 in 3,000 individuals
The presence of Lynch syndrome increases the lifetime risk of colon cancer (52-82%), endometrial cancer (25-60%), and ovarian cancer (4-24%).
PATHOGENESIS

• Genetic instability caused by defects in the mismatch repair (MMR) system due to poor repair of DNA replication errors

• Genetic instability is not limited to the coding region of genes, but affects the entire genome

• The affected noncoding single nucleotide and dinucleotide repeats are called microsatellites leading to microsatellite instability (MSI)

• Microsatellite instability is the reference-standard genetic feature of Lynch syndrome

• Germ-line mutations of the MMR genes *MLH1*, *MSH2*, *MSH6*, and *PMS2* are diagnostic for Lynch syndrome
Ms. J.M. would like to know what her chances are of developing cancer sometime in her life. Should she be offered hereditary cancer risk assessment for Lynch syndrome?

**YES.** Referral to a genetic counselor is needed

Genetic risk assessment should be considered for:

- Unaffected women who have a first-degree relative affected with endometrial or colorectal cancer diagnosed before age 60

- Unaffected women with a pattern of repeated generations of Lynch syndrome-associated cancer, especially dxed at a young age (< 60y)
A clinical diagnosis is suspected when a patient history and a family history fulfill the Amsterdam criteria. However, because only 50% of affected patients meet the Amsterdam criteria, the Bethesda guidelines were developed.

More recently, universal testing of all newly diagnosed colorectal cancers for deficient mismatch repair or microsatellite instability is recommended.

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**Table 1. Amsterdam II Criteria and Revised Bethesda Guidelines for Diagnosis of the Lynch Syndrome.**

<table>
<thead>
<tr>
<th>Amsterdam II criteria</th>
<th>Revised Bethesda guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Three or more relatives with histologically verified Lynch syndrome–associated cancer, one of whom is a first-degree relative of the other two*</td>
<td>1. Diagnosis of colorectal cancer or endometrial cancer in a patient younger than 50 years of age</td>
</tr>
<tr>
<td>2. Cancer involving at least two generations</td>
<td>2. Presence of synchronous colorectal cancers, metachronous colorectal cancers, or other Lynch syndrome–associated tumors, regardless of patient age</td>
</tr>
<tr>
<td>3. One or more cancer cases diagnosed before 50 years of age</td>
<td>3. Diagnosis of colorectal cancer with a high frequency of microsatellite instability on the basis of histologic findings (Crohn’s-like lymphocytic reaction, mucinous or signet-ring cell differentiation, or medullary growth pattern) in a patient younger than 60 years of age</td>
</tr>
<tr>
<td></td>
<td>4. Diagnosis of colorectal cancer in one or more first-degree relatives with a Lynch syndrome–related tumor, with one of the diagnoses occurring before 50 years of age</td>
</tr>
<tr>
<td></td>
<td>5. Diagnosis of colorectal cancer in two or more first- or second-degree relatives with Lynch syndrome–related tumors, regardless of patient age</td>
</tr>
</tbody>
</table>

* Lynch syndrome–associated tumors include cancers of the colon and rectum, endometrium, stomach, ovary, pancreas, ureter, renal pelvis, biliary tract, brain, small bowel, and sebaceous glands, as well as keratoacanthomas.
EVALUATION

• Genetic risk assessment for Lynch syndrome includes:
  • Assessment of personal and family medical histories
  • ± tumor testing (using immunohistochemistry or MSI testing)
  • ± germline DNA testing

• Formal genetic risk counseling performed by someone with appropriate training and experience in cancer genetics and counseling is recommended.
EVALUATION

Endometrial or colorectal cancer tissue

Immunohistochemical testing for MLH1, MSH2, MSH6, and PMS2 proteins

All mismatch repair proteins present

MLH1 protein absent (with or without loss of PMS2 protein)

Not Lynch syndrome

MLH1 promoter methylation

Methylation present

Methylation absent

Germline DNA testing based on protein absence

Mutation identified

No mutation identified

Lynch syndrome

Individualized management based on personal and family medical history

Fig. 1. Immunohistochemistry-based endometrial or colorectal tumor testing for mismatch repair gene expression to assess for the possibility of Lynch syndrome. *

*The scenario in which the presence of all four mismatch repair proteins does not rule out Lynch syndrome is the relatively uncommon situation in which a deleterious mutation allows the production of a full-length but nonfunctional mismatch repair protein. Given this possibility, in the setting of a very high clinical suspicion of Lynch syndrome and normal immunohistochemical testing results, the tumor can be further evaluated by microsatellite instability testing.
Ms. J.M. returns to your office after being diagnosed with Lynch syndrome. She would like to know what she can do during her life to help decrease her risk of complications of cancer.

There is no consensus on ovarian cancer surveillance in women with Lynch syndrome.

**Box 2. Screening and Surveillance Recommendations for Women With Lynch Syndrome**

- Colonoscopy every 1–2 years, beginning at age 20–25 years, or 2–5 years before the earliest cancer diagnosis in the family, whichever is earlier
- Endometrial biopsy every 1–2 years, beginning at age 30–35 years
- Keeping a menstrual calendar and evaluating abnormal uterine bleeding
MANAGEMENT – CHEMOPREVENTION

• Progestin-based contraception, including oral contraceptives, may be considered for chemoprevention of endometrial cancer in women with Lynch syndrome.
  • COCs can reduce endometrial cancer risk in the general population by 50%.
  • Progestin therapy is effective in treatment of endometrial hyperplasia and early endometrial cancer.
  • A short-term study using surrogate biomarkers in women with Lynch syndrome suggested that 150-mg depot medroxyprogesterone acetate as well as 30-micrograms ethinyl estradiol/0.3-mg norgestrel oral contraceptives demonstrated a decrease in endometrial proliferation.

• ASA 600mg daily for > 2 years may reduce the incidence of colorectal cancer.
MANAGEMENT – RISK-REDUCING SURGERY

• Prophylactic hysterectomy and bilateral salpingo-oophorectomy is a risk-reducing option for women who have completed child bearing
  • Should be discussed by early to mid-40’s
    • Estimated risk of endometrial cancer by age 40: 2 – 4% and by age 50: 8 – 17%
    • Estimated risk of ovarian cancer by age 40: 1 – 2% and by age 50: 3 – 7%
  • Risk reduction approaches 100%
  • May be accomplished through vaginal or laparoscopic approaches
  • R/B/A of risk-reducing surgery, medical management of menopause and desire for future fertility can influence decision making.
SOCIAL DETERMINANTS OF HEALTH

• Despite similar rates of colorectal tumor analysis, minority patients are less likely to be recommended for genetic evaluation or to undergo germline testing for Lynch syndrome.

  • Negative predictive factors of a recommendation for genetic evaluation and genetic testing include:
    • African-American ethnicity
    • Older age
    • Advanced tumor stage

• These differences underscore the importance of provider recommendations, education and counseling in all patients regardless of race, age or disease severity.
BBonLynchSyndrome

Description: Counseling for patients with Lynch syndrome

After a comprehensive personal and family history was obtained, the patient was deemed to be at increased risk for Lynch syndrome. She was referred for genetic counseling and testing. Testing confirmed diagnosis of Lynch syndrome. Cancers associated with Lynch syndrome were discussed including but not limited to the increased lifetime risk of colon cancer (52-82%), endometrial cancer (25-60%), and ovarian cancer (4-24%). She was then counseled on screening and prevention strategies in order to reduce morbidity and mortality. The following was recommended:

• Colonoscopy every 1 – 2 years, beginning at age 20 – 25 years, or 2 – 5 years before the earliest cancer diagnosis in the family, whichever is earlier
• Endometrial biopsy every 1 – 2 years, beginning at age 30 – 35 years
• Keeping a menstrual calendar for evaluation of abnormal uterine bleeding

Additionally, initiating of COCs and ASA for chemoprevention of endometrial and colorectal cancer, respectively, was discussed. Risk-reducing surgery with total hysterectomy and BSO was also discussed with the risk of both endometrial and ovarian cancers approaching 100%.
CODING AND BILLING

• Diagnostic Codes (ICD-10)
  
  • Z15.09 Genetic susceptibility to other malignant neoplasm
<table>
<thead>
<tr>
<th>HISTORY</th>
<th>EXAM</th>
<th>MEDICAL DIAGNOSIS MAKING</th>
<th>CODE</th>
<th>APPLICABLE GUIDELINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Problem focused:</td>
<td>Problem focused:</td>
<td>Straight forward:</td>
<td>99201</td>
<td>- Personally provided</td>
</tr>
<tr>
<td>- Chief complaint</td>
<td>- 1 body system</td>
<td>- Diagnosis: minimal</td>
<td></td>
<td>- Primary care exception</td>
</tr>
<tr>
<td>- HPI (1-3)</td>
<td></td>
<td>- Data: minimal</td>
<td></td>
<td>- Physicians at teaching hospitals</td>
</tr>
<tr>
<td>Expended problem focused:</td>
<td>Expanded problem focused:</td>
<td>Straight forward:</td>
<td>99202</td>
<td>- Personally provided</td>
</tr>
<tr>
<td>- Chief complaint</td>
<td>- Affected areas and others</td>
<td>- Diagnosis: minimal</td>
<td></td>
<td>- Primary care exception</td>
</tr>
<tr>
<td>- HPI (1-3)</td>
<td></td>
<td>- Data: minimal</td>
<td></td>
<td>- Physicians at teaching hospitals</td>
</tr>
<tr>
<td>- ROS (1-3)</td>
<td></td>
<td>- Risk: minimal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Comprehensive</td>
<td>Detailed:</td>
<td>Low:</td>
<td>99203</td>
<td>- Personally provided</td>
</tr>
<tr>
<td>- Chief complaint</td>
<td>- 7 systems</td>
<td>- Diagnosis: limited</td>
<td></td>
<td>- Primary care exception</td>
</tr>
<tr>
<td>- HPI (4)</td>
<td></td>
<td>- Data: limited</td>
<td></td>
<td>- Physicians at teaching hospitals</td>
</tr>
<tr>
<td>- ROS (2-9)</td>
<td></td>
<td>- Risk: low</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Past, family, social history (1)</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Comprehensive</td>
<td>Comprehensive:</td>
<td>Moderate:</td>
<td>99204</td>
<td>- Personally provided</td>
</tr>
<tr>
<td>- Chief complaint</td>
<td>- 8 or more systems</td>
<td>- Diagnosis: multiple</td>
<td></td>
<td>- Physicians at teaching hospitals</td>
</tr>
<tr>
<td>- HPI (4+)</td>
<td></td>
<td>- Data: moderate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- ROS (10+)</td>
<td></td>
<td>- Risk: moderate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Past, family, social history (3)</td>
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<td></td>
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</tr>
<tr>
<td>Comprehensive</td>
<td>Comprehensive:</td>
<td>High:</td>
<td>99205</td>
<td>- Personally provided</td>
</tr>
<tr>
<td>- Chief complaint</td>
<td>- 8 or more systems</td>
<td>- Diagnosis: extended</td>
<td></td>
<td>- Physicians at teaching hospitals</td>
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<tr>
<td>- HPI (4+)</td>
<td></td>
<td>- Data: extended</td>
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<tr>
<td>- ROS (10+)</td>
<td></td>
<td>- Risk: high</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Past, family, social history (3)</td>
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# CODING AND BILLING – ESTABLISHED PATIENT

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</thead>
</table>
| Expanded problem focused:  
  - Chief complaint  
  - HPI (1-3) | Problem focused:  
  - 1 body system | Straight forward:  
  - Diagnosis: minimal  
  - Data: minimal  
  - Risk: minimal | 99212 | Personally provided  
Primary care exception  
Physicians at teaching hospitals |
| Expanded problem focused:  
  - Chief complaint  
  - HPI (1-3)  
  - ROS (1) | Expanded problem focused:  
  - Affected area and others | Low:  
  - Diagnosis: limited  
  - Data: limited  
  - Risk: low | 99213 | Personally provided  
Primary care exception  
Physicians at teaching hospitals |
| Detailed  
  - Chief complaint  
  - HPI (4+)  
  - ROS (10+)  
  - Past, family, social history (3) | Detailed:  
  - 7 systems | Moderate:  
  - Diagnosis: multiple  
  - Data: moderate  
  - Risk: moderate | 99214 | Personally provided  
Physicians at teaching hospitals |
| Comprehensive  
  - Chief complaint  
  - HPI (4+)  
  - ROS (10+)  
  - Past, family, social history (2) | Comprehensive:  
  - 8 or more systems | High:  
  - Diagnosis: extended  
  - Data: extended  
  - Risk: high | 99215 | Personally provided  
Physicians at teaching hospitals |
EVIDENCE

• References