

LYNCH SYNDROME:

ASPIRIN CHEMOPROPHYLAXIS

Why Aspirin?

Patients with Lynch Syndrome have an up to 80% lifetime risk of developing Colorectal Cancer and up to 13% Gastric cancer. NICE recommends considering prescribing Aspirin for more than 2 years to patients with Lynch Syndrome. This is because of the CAPP2 study which demonstrated a 50% reduction in colorectal cancers in patients who took high dose Aspirin for 2-4 years with this benefit lasting for over 10 years. The CAPP3 study demonstrated that lower doses of Aspirin are as effective and have much lower rates of adverse effects.

Dose

75mg-100mg daily

When to start

Starting age depends on genetic variant identified:

21 years for MSH2 and MLH1 gene PV/LPV carriers

30 years for MSH6 and PMS2 PV/LP carriers

Aspirin Holidays

Aspirin benefits have been demonstrated for up to 10 years, provided the patient has had a minimum of 2-4 years treatment. They can therefore take breaks in their treatment if they wish to reduce the risk of adverse side effects whilst maintaining the benefits.

Aspirin can be prescribed in 10 yearly cycles as follows:

Treat for 5 years or until side effects (gastritis/ bleeding) prevent continuation.

Then take an 'Aspirin holiday' for up to 5 years before restarting Aspirin.

The final therapeutic stage is at age 65-70 years.

Special Considerations

BMI

Patients with a higher BMI may need a higher dose of Aspirin for the same benefit. Whilst there is no clear guidance as to the cut off BMI for recommending a higher dose, patients with a BMI > 30 should be offered 75-100mg Aspirin but may wish to consider taking 150mg Aspirin daily.

Pregnancy

Discuss with Antenatal consultant about continuation >30 weeks pregnancy. There is no evidence that Aspirin causes harm in early pregnancy and is often used to prevent pre-eclampsia in high risk patients.*

Breastfeeding

Not recommended

Comorbidities

Consider gastric protection.

Ensure Hypertension is well controlled.

Consider interactions with other medications eg. NOACs.

Consult the BNF for a full list of cautions/ contraindications with regard to Aspirin use.