



## Lynch Choices™ – An interactive, personalised, information hub and decision support resource

Lynch syndrome is an inherited condition that increases the chance of developing certain cancers. Lynch Choices™ is designed with the patient at the centre and can be accessed via [www.canchoose.org.uk](http://www.canchoose.org.uk) or scanning the QR code above.

### Who is Lynch Choices™ for?

- Individuals with Lynch syndrome and the people that support them.
- Connects users to range of helpful resources- UK Cancer Genetics Group, GeNotes Lynch Syndrome UK, Lynch patient dashboard app and others.
- Links to the Prospective Lynch Syndrome Database (PLSD) which provides information on age-related cumulative lynch syndrome cancer risks ([www.plsd.eu](http://www.plsd.eu))

### How can decision aids help a patient or family with Lynch Syndrome?

- Help patients clarify their personal values and priorities.
- Increase knowledge about Lynch Syndrome and associated risks, by being a central hub for trusted information.
- Improve accuracy of risk perception.
- Decrease decisional conflict, ensuring patients feel more confident in their choices.

### Thinking about your choices

The below are choices you can think about at home, so you are ready to talk through these with a GP, genetics or other specialist. More detailed information can be found on the website.



Taking Aspirin to lower the chance of cancer



To take aspirin everyday



Not to take aspirin everyday



Wait to decide



Having surgery to remove ovaries and womb, to lower chance of cancer



Have the surgery at a time that's right for you



Not have the surgery



Wait to decide



### Support and Information

More detailed information can be found on the website.



**Chances and symptoms of cancer-** Gene specific cancer risk shown using infographics



**Cancer Screening** – Gene specific colonoscopy and gastroscopy screening guidelines



**Living with genetic risk of cancer** – Patient stories and how people make decisions following a cancer diagnosis



**Lifestyle**– Changes you can make to reduce your risk of cancers. This includes diet, physical activity and other lifestyle choices.



**Talking to family**– Support for helping you talk to at-risk relatives and children regarding an inherited risk.



**More support**– Links to other resources and websites for additional information and support

