1. How much Aspirin should I take if I have Lynch syndrome?

WE DO NOT YET KNOW THE OPTIMAL DOSE OF ASPIRIN TO PREVENT CANCER IN LYNCH SYNDROME, BUT THE DOSE STUDIED THAT APPEARS TO WORK WELL WAS 600 MG PER DAY, SO IN THIS COUNTRY THAT WOULD BE BEST TAKEN AS TWO ADULT ASPIRIN DAILY (650 MG). THERE IS A STUDY UNDERWAY (CAPP3.org) TO ASSESS THE EFFECT OF DIFFERENT DOSE LEVELS. IT MAY TURN OUT THE LESS ASPIRIN IS JUST AS GOOD OR THAT EVEN MORE IS BETTER.

2. Do I have to take all 600 mg of Aspirin at once or can I break up the dose over the course of one day?

NO, THE ASPIRIN CAN BE TAKEN IN SPLIT DOSES OR ALL AT ONCE.

3. At what age should my children who have Lynch syndrome start taking Aspirin to reduce their risk of Lynch syndrome cancers?

WE KNOW THAT LYNCH SYNDROME CANCERS GENERALLY DO NOT OCCUR UNTIL PEOPLE ARE OLDER THAN 20 YEARS OF AGE AND WE KNOW THAT YOU NEED TO TAKE THE ASPIRIN FOR AT LEAST 2 YEARS FOR A BENEFIT TO OCCUR, AND THAT IT TAKES AROUND 5 YEARS FOR THE BENEFIT TO BE APPARENT. THEREFORE, I DO NOT THINK ANY CHILD SHOULD BE GIVEN ASPIRIN EVEN IF THEY HAVE LYNCH SYNDROME. HOWEVER, I WOULD START TAKING ASPIRIN ONCE SOMEBODY IS IN THEIR EARLY TO MID 20S.

4. For what duration or how long should they take Aspirin for to get the most benefit?

WE KNOW FROM THE CAPP2 STUDY THAT WE KNOW THAT YOU NEED TO TAKE THE ASPIRIN FOR AT LEAST 2 YEARS FOR A BENEFIT TO OCCUR, AND THAT IT TAKES AROUND 5 YEARS FOR THE BENEFIT TO BE APPARENT. MY RECOMMENDATION IS TO PLAN TO TAKE THE ASPIRIN LONG TERM.
5. What are the benefits of taking aspirin if you have Lynch syndrome?

THE CAPP2 STUDY INDICATES THAT ASPIRIN CAN REDUCE THE RISK FOR COLORECTAL CANCER AND NON COLON LYNCH RELATED CANCERS, SUCH AS ENDOMETRIAL CANCER, BY AS MUCH AS 60%. TO SEE THIS BENEFIT YOU MUST TAKE THE ASPIRIN FOR AT LEAST 2 YEARS AND THE BENEFIT TAKES TWO YEARS OR LONGER TO BE REALIZED. IT MAY TURN OUT THAT THE BENEFIT IS EVEN GREATER WITH A DIFFERENT DOSE OF ASPIRIN OR IF YOU STAY ON ASPIRIN FOR GREATER THAN 2 YEARS, BUT WE DO NOT KNOW FOR SURE.

6. Are there risks to taking this 600mg of aspirin per/day?

YES, BUT THE RISKS FOR MOST PEOPLE ARE VERY LOW. IN FACT IN THE CAPP2 STUDY PEOPLE ON ASPIRIN DID NOT HAVE A HIGHER RATE OF COMPLICATIONS THAN THOSE NOT TAKING ASPIRIN. NEVERTHELESS, ASPIRIN CAN UPSET YOUR STOMACH AND IT CAN INCREASE THE RISK OF BLEEDING, ESPECIALLY FROM THE GI TRACT AND CAN RARELY CAUSE KIDNEY PROBLEMS. THE RISK FOR A SERIOUS BLEEDING THAT CAN THREATEN YOUR LIFE IS VERY VERY RARE. FOR EXAMPLE A LIFE THREATENING BLEED IN THE BRAIN OCCURS IN LESS THAN 1/10,000 PEOPLE. RISK FOR PROBLEMS CAN BE GREATER IN SOME PEOPLE WHO HAVE HAD PROBLEMS BEFORE OR WHO ARE ALSO TAKING CERTAIN OTHER MEDICINES OR WHO ARE OLDER. SOME OF THE RISKS CAN BE REDUCED BY TAKING ASPIRIN WITH MEDICINES THAT REDUCE ACID PRODUCTION IN THE STOMACH LIKE OMEPRAZOLE. IT IS ESSENTIAL TO REVIEW YOUR UNIQUE RISKS WITH YOUR DOCTOR BEFORE STARTING ASPIRIN. HOWEVER, FOR MOST LYNCH PATIENTS THE BENEFITS OF ASPIRIN CLEARLY OUTWEIGH THE RISKS.

7. Can I take just one adult aspirin (325mg) a day to still get the protective benefits?

MAYBE, BUT WE JUST DO NOT KNOW YET.

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To find more resources about Lynch syndrome visit www.kintalk.org
To learn more about Aspirin and Lynch syndrome please visit www.CAPP3.org