

PASS IT ON

For Individuals and Families With a History of Cancer
Newsletter of the Cancer Genetic Counseling Service



OUR FAMILY TREE HAS GROWN!

**WELCOME THE NEWEST MEMBER OF THE
 CANCER GENETIC COUNSELING TEAM**



KRISTIAN WILKS, MS

Kristian Wilks joined our team as a genetic counselor with the Cancer Genetic Counseling Service at the Karmanos Cancer Institute in August 2020. Kristian received his Bachelor of Science in Genetics and Molecular Genomics from Michigan State University in 2018 and his Master of Science in Genetic Counseling from Wayne State University in May 2020. Kristian previously worked for a neuroscience laboratory at Michigan State University studying socialization and development of the brain. He is excited to provide genetic counseling to the diverse communities of Michigan as a part of the Karmanos team, and to further add to research and outreach aimed at helping those with hereditary cancer syndromes.

Kristian will be servicing downtown Detroit, McLaren Port Huron, and The Michigan Primary Care Association. ■

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GENETIC RESOURCES

ADVOCACY ORGANIZATIONS, BOOKS, AND SUPPORT GROUPS

Have you or a family member been diagnosed with cancer or tested positive for a genetic mutation? Are you looking for resources or a support group to help you navigate this complex information? The Cancer Genetic Counseling Service is always a phone call away, but we understand the importance of having readily available, reliable resources. See below for some of our favorites!

ADVOCACY ORGANIZATIONS

FORCE: Facing Hereditary Cancer Empowered (facingourrisk.org)

- Advocacy group for adult hereditary cancer including breast, ovarian, pancreatic, and prostate

ECANA: Endometrial Cancer Action Network for African Americans (ecanawomen.org)

- Support network committed to improving the lives of African American women affected with uterine cancer

Sharsheret: A Jewish Breast & Ovarian Cancer Community (sharsheret.org)

HCC Takes Guts! (hcctakesguts.org) & **Fight Colorectal Cancer** (fightcolorectalcancer.org)

- Two nonprofit organizations serving the hereditary colorectal cancer community

NOCC: National Ovarian Cancer Coalition (ovarian.org)

Stupid Cancer (stupidcancer.org)

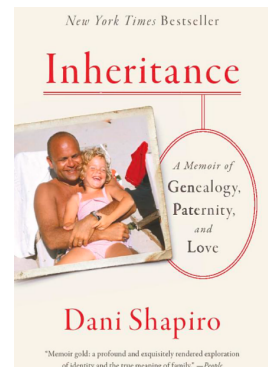
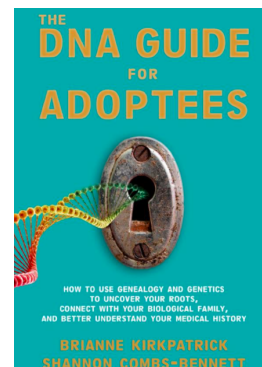
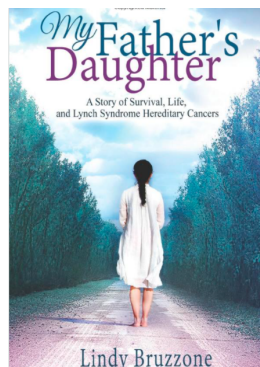
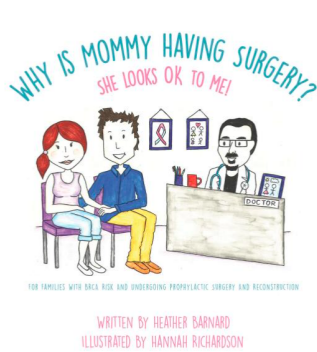
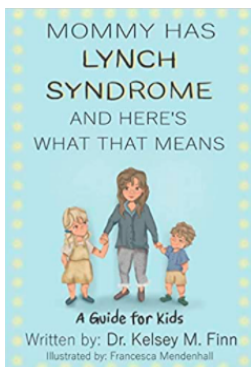
- Serves the adolescent & young adult cancer community by connecting them to age-appropriate resources

Prostate Health Education Network (<http://www.prostatehealthed.org/>)

KINTALK (kintalk.org)

- An educational and family communication site for individuals with hereditary cancer conditions.

BOOKS FOR KIDS



SUPPORT AT KARMANOS

Our oncology social workers and case managers are available to patients and their families throughout all phases of the cancer journey to help adapt to the stresses related to your diagnosis. Please visit www.karmanos.org/karmanos/patients-and-support-at-karmanos for a full list of support and educational services.

Virtual Women's Support Group: A support group for female cancer patients at Karmanos

Every Thursday Noon-1 p.m. via Zoom

Contact Amanda Layne at 313-576-8164 or laynea@karmanos.org to register

GENE SPOTLIGHT: APC



HEREDITARY CANCER SYNDROMES

The APC gene works as a tumor suppressor gene, meaning that it keeps cells from growing and dividing too fast or in an uncontrolled way. When there are mutations in the APC gene, an individual can be affected with one of two hereditary cancer syndromes: Familial Adenomatous Polyposis (FAP) or Attenuated Familial Adenomatous Polyposis (AFAP). Whether an individual has FAP or AFAP depends on the type and location of their mutation as well as the number of polyps identified.

Keep reading to learn about the differences between these two syndromes!

KEY FEATURES

FAP

AFAP

COLONIC POLYPS		
Number	100s-1000s	10s-100s
Age of onset	16	30
COLON CANCER		
Lifetime risk	>99%	>70%
Average age of diagnosis	39	55

LIFETIME RISK FOR OTHER CANCERS

Desmoid tumors: 10-30%	Stomach: slightly increased risk
Small bowel: 4-12%	Thyroid: 1-2%
Liver: 1-2%	Brain: 1%

OTHER POSSIBLE FINDINGS

- Bone growths
- Dental abnormalities, such as missing or extra teeth
- Benign skin lesions
- Discrete, flat, pigmented lesions of the retina (CHRPE)

MEDICAL CARE

Consider liver palpation, abdominal ultrasound, and alpha-fetoprotein measurement every 3-6 months for the first 5 years of life.



Colonoscopy every 1 to 2 years, starting at age 10 to 11 for those with FAP or age 18 to 20 for those with AFAP. For FAP, colectomy (removal of the colon) is recommended based on the presence of polyps. For AFAP, colectomy may be necessary, but in a small subset of cases, periodic colonoscopy with the removal of polyps may be sufficient.

Endoscopic investigation for small bowel and stomach cancer every 4 years, starting at age 20 to 25.

Annual physical examinations looking for signs of thyroid, brain, and pancreatic cancers as well as bone growths and skin lesions, which can be removed.

WHO ELSE IN THE FAMILY IS AT RISK?

APC mutations are inherited in an autosomal dominant manner, meaning that each child and sibling of an affected individual has a 50% chance of inheriting the mutation & having the condition.

In 20-25% of those with FAP/AFAP, the affected individual has a new mutation that was not inherited from either of their parents. In these instances, each child of the affected individual has a 50% chance of inheriting the mutation and having the condition, but the affected individual's siblings would not be at risk.



Infographic by Ted Tabor

REMINDER: We offer annual genetic counseling appointments for any individual who has a positive genetic testing result. These appointments give us the chance to update you regarding any new information learned about that gene. Sometimes the screening recommendations or known cancer risks change over time. In addition, it gives us the opportunity to update your family history, review the importance of testing your relatives for your cancer gene mutation, and help facilitate such testing for your family members.

You can call us at 313-576-8748 to schedule your annual Genetics follow-up appointment!

COVID-19: To learn more about Karmanos Policies on COVID-19, please visit karmanos.org/karmanos/coronavirus-covid-19

The Cancer Genetic Counseling Service is still seeing patients during this time; however, all Genetics visits are being conducted over the telephone or via our video platform. If you have questions about upcoming genetic counseling visits or scheduling, please email us at genetics@karmanos.org or call 313-576-8748.