

Yorkshire Cancer
Research



Lynch Syndrome and *aspirin*

Patient Information



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Lynch Syndrome and aspirin

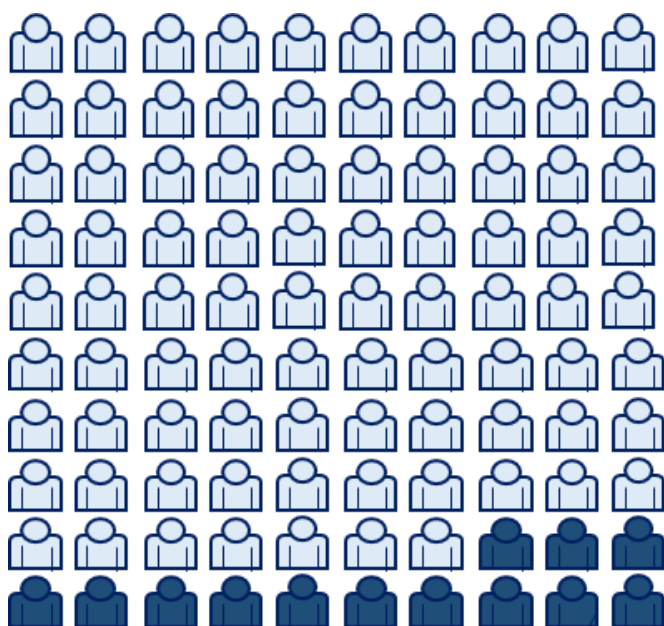
Lynch Syndrome affects around 1 in 300 people. Having Lynch Syndrome means you are more likely to get certain types of cancers, including bowel cancer. Around 3% of all bowel cancers are caused by Lynch Syndrome.

If you have Lynch Syndrome, taking a daily dose of aspirin (prescribed by your GP) reduces the chance of you developing bowel cancer by a third if taken for an average of two and a half years and the benefits last for 10 years.

CAPP2 study*

A recent study called the CAPP2 study* was carried out in people with Lynch Syndrome to look at how taking a daily dose of 600mg aspirin can affect a person's risk of developing bowel cancer. The study followed people for an average of 10 years.

The results of the study are shown in the diagram below:



Bowel Cancer among people with Lynch Syndrome who did not take aspirin

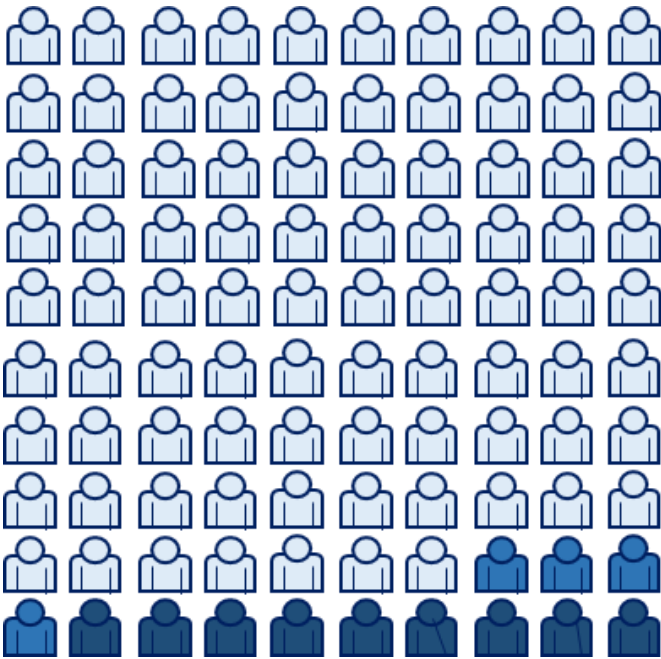
On average for every 100 people who did not take aspirin over 10 years, 87 people did not get bowel cancer but 13 people did.



87 people did not get bowel cancer.



13 people got bowel cancer.



*The CAPP2 study was a randomised controlled trial of bowel polyp and cancer prevention using aspirin and resistant starch in people with Lynch Syndrome.

More information can be found here:
[www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30366-4/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30366-4/fulltext)

CAPP2 study*

A new study called CAPP3 is underway which is comparing different doses of aspirin. The results from the study are expected in 2025. This means that the recommended dose of aspirin might change and so it is important that you keep in touch with your GP, so you are made of aware of any changes in recommendations.

Should I take aspirin if I have Lynch Syndrome?

If you have Lynch Syndrome and you are over the age of 18 it is recommended that you speak to your GP to discuss setting up a care plan that incorporates a daily dose of aspirin. Some people should not take aspirin and so **we recommend patients should consult their GP first.**

Bowel Cancer among people with Lynch Syndrome who took aspirin for at least 2 years

On average for every 100 people who took aspirin for 2 years or more, over 10 years, 93 people did not get bowel cancer but 9 people did, and 4 people did not get bowel cancer because they took aspirin



4 people did not get bowel cancer because they took aspirin.



87 people did not get bowel cancer, but would not have done whether they took aspirin or not.



9 people got bowel cancer even though they took aspirin.

When should I not take aspirin to prevent bowel cancer?

It is important that you speak to GP before you start to take aspirin as it is not suitable for everyone. It is not recommended that you take aspirin to prevent bowel cancer if you fall into any of the following categories:

- You are under 18 years of age
- You are over 70 years of age. The risks of severe side effects increase after this age.
- You are frail or suffer poor health and it is judged the possible benefits of taking aspirin are outweighed by the risk of side effects
- You are taking anticoagulating or antiplatelet medicines (other than aspirin). These are medicines that help to prevent blood clots
- you have uncontrolled hypertension (also known as high blood pressure)
- you have stomach ulcers or bleeding problems either now or in the past
- If you have had an allergic reaction to similar medications in the past.

What steps do I need to take to start taking aspirin?

- If you have been diagnosed with Lynch Syndrome and you are not already taking aspirin for cancer prevention, you should speak to your GP to ask whether you would benefit from taking it. If you are taking aspirin for another reason, you should speak to your GP about whether a change in dose would be helpful for you.
- Before starting aspirin, you may need to be checked for *Helicobacter pylori*. *Helicobacter pylori* is an infection that occurs in the stomach which can increase the likelihood of aspirin causing bleeding in your stomach. If you are found to have *Helicobacter pylori*, the infection will need to be treated with antibiotics before you can start to take aspirin. Your GP will test you for this infection before you start taking aspirin if you haven't already been previously tested for this infection.
- In order to ensure that you can tolerate this amount it is recommended that patients begin by taking a lower dose of 75mg for 8 weeks to ensure it causes no side effects. If the decision is made to put you on a higher dose of aspirin this will be prescribed taking into account your individual circumstances. The CAPP2 trial used 600mg, but your GP will be able to advise you on what dose is best for you. Current UK guidance recommends taking 300mg for

those who weigh over 70kg and 150mg for those who weigh less than 70kg.

Can I take aspirin if I am pregnant or breastfeeding?

- Before either starting or continuing to take aspirin during pregnancy or breastfeeding you must speak to your GP.
- Guidance confirms that lower doses of aspirin are safe in pregnancy. It is recommended that pregnant people use 75mg of aspirin during pregnancy and stop using it during the third trimester.
- It is not recommended that aspirin is taken if breastfeeding.
- You should let your maternity care team (this may be your midwifery team or obstetrician) know that you are taking aspirin for its cancer prevention effects.

Are there possible side effects of taking aspirin?

- The most common side effects of taking aspirin are indigestion, bruising more easily and cuts taking longer to stop bleeding. These side effects happen in between 1-10 people in every 100 people taking aspirin.
- Less commonly, aspirin can cause ulcers in the stomach and small bowel.
- In more rare cases, aspirin can cause major bleeding in the gut. This is very rare and occurs in between 1-10 people in every 100,000.
- The older you are, the more likely you are to experience side effects from taking aspirin and less likely to have benefits, so it is not recommended after the age of 70 for bowel cancer prevention.

Where can I find more information?

You can find more information about the benefits and possible risks of taking aspirin by visiting the following links:

www.capp3.org/about/trial-history.aspx

www.lynch-syndrome-uk.org/

www.bowelcanceruk.org.uk/news-and-blogs/news/new-draft-guidance-says-aspirin-taken-daily-could-reduce-risk-of-bowel-cancer-for-people-with-lynch-syndrome/

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www.ycrbcip.leeds.ac.uk

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