Jeremy Nottingham, WFU ’13

Jeremy Nottingham, a Wake Forest graduate (BA ’13), was only 28 years old when he thought he had a hemorrhoid bleed. A few weeks later he was diagnosed with colon cancer that spread to his liver**.** Unfortunately, despite the best treatment, he passed away at the age of 30.

Lynch Syndrome, a cause of “family cancers,” is a genetic disease that was identified as the cause of his early cancer. Learning about Lynch Syndrome helped diagnose his father’s colon cancer at an earlier stage and saved his life. If Jeremy knew about it sooner, screening tests may have saved his life also.

To hear Jeremy’s father, Junius Nottingham, give his personal account of his family’s journey, follow the link below to his August 2023 interview with NPR.

LISTEN: Junius Nottingham, Jr. on NPR

In Loving Memory of
Jeremy Kyle Nottingham
January 25, 1991 – November 22, 2021

Our Mission

J-NOTT-GTT aims to spread awareness about Lynch Syndrome with the hopes of preventing life-threatening cancers through screening and early detection.

We do this by sharing the story of Jeremy and his family so that others can identify their risks of cancer and possibly avoid tragedy.

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J-NOTT-GTT

“We Will Get Through This”

Raising Awareness of Lynch Syndrome
In Memory of Jeremy Nottingham

www.jnottgtt.org

What is Lynch Syndrome?

Dr. Henry Lynch identified multiple "cancer families." These families primarily had multiple cancers of the colon, uterus, and ovaries, especially in young people. With further research, he discovered a genetic link, with 5 specific genes as the cause. For these efforts, Lynch syndrome was named after him.

It is estimated that Lynch Syndrome affects 1 in 279 people or almost 1.2 million individuals in the United States. Unfortunately, 95% of those affected **DO NOT KNOW** they have it.

Are you at risk?

If multiple family members have cancer with one person younger than 50, talk to your health care provider.

How do I get genetic testing?

Your physician may order testing directly or work with a genetic counselor. Fortunately, the cost of testing has decreased from $6,000 to under $500 over the past 5 years.

Why should I be concerned?

If Lynch Syndrome is the cause of a family cancer, there is a 50% chance of passing the gene to children. Thus, this knowledge is important for the entire family.

Since men with Lynch Syndrome have up to **a 74% lifetime risk of colon cancer,** with the average age of just 44 years old, a majority of cancers would be missed if the routine colon cancer screening guidelines are followed.

Lynch Syndrome in Women

Women with Lynch Syndrome have up to a **52% lifetime risk of colon cance**r, up to a **71% lifetime risk of uterine cancer**, and a **12% lifetime risk of ovarian cancer**. Some Lynch syndrome genes may increase the risk of breast cancer.

With a majority of all three of these cancers developing before the age of 50, **without awareness and action, Lynch Syndrome is a silent killer.**

What happens if I have Lynch Syndrome?

People with Lynch Syndrome have an increased risk of multiple cancers. Knowing you have it allows your physician to monitor for cancers and catch them at their earliest stage.

Colon and Rectal Cancer - Start screening colonoscopies in your 20s and get screened every 1-2 years instead of 5-10 years.

Uterine and Ovarian Cancers - See your health care provider every year for a checkup. Do not ignore any symptoms, such as irregular periods or pain. Preventative surgery to remove the uterus and ovaries may also be recommended.

Lynch Syndrome may cause other types of cancers. A good relationship with a physician that is familiar with Lynch Syndrome is important. Seeing your physician early for symptoms and having a yearly physical with labs can help prevent or catch cancers early.