

[HOP website](#)[IOS app store](#)[Android app store](#)

4% of HOP Participants Learned About Their Increased Cancer Risk

[HOP's genetic screening saliva kit](#) is available at no cost for any Oregon adult to complete and receive results to learn about their inherited cancer risk. Since 5-10% of cancers are inherited, meaning they are passed down by family members through a genetic variation (gene mutation), a positive result can change cancer prevention and screenings for people. **A positive result doesn't mean cancer is present or will be developed, but it provides useful information for prevention and early detection.**

Most HOP participants receive a negative result, meaning they should keep following general age-related [cancer screening guidelines](#). However, the 4% of participants for whom we have detected a gene variation may need to follow different – and often earlier age-related – cancer screening guidelines. OHSU genetic counselors discuss positive genetic results with participants and review recommended medical guidelines based on the participant's results.

As part of the HOP study, **participants who receive positive results** will be invited to **take a follow-up survey one and two years after receiving their results**. An annual survey will become available in the HOP app to confirm if participants with a genetic variation have followed suggested cancer screenings, or other treatment and prevention guidelines. Results from the annual survey will help researchers determine whether inherited cancer screenings should be included in general medical care for everyone. **If you received a positive result from HOP, check the app to see if your annual survey is in the to-do list today!**

HOP surveys are important to cancer research. Survey topics range from cancer history, stress, behaviors, reaction times, and more!

Complete your surveys in the [HOP app](#) today!

Celebrating
44,036
HOP Participants



Meet Jennifer Pierce Zahniser

Healthy Oregon Project Participant

Jennifer has always been interested in receiving any preventive health information like genetic risks to make lifestyle changes or increase her screenings if necessary. With her family history of pancreatic and breast cancer, once she learned about the genetic screening opportunity with HOP she did not hesitate to enroll. Jennifer found the conversation about her positive result with the OHSU genetic counselors informative, clear, and helpful. She feels empowered with the increased understanding of her melanoma risks. After learning of her increased risk, Jennifer takes sun protection very seriously and does her best to protect herself from sun exposure – even in Oregon.

"I experienced anxiety while receiving my results but I'd still encourage anyone to take part in this opportunity to learn about their health for themselves and their family. It can make a difference for your future generations!"



FAQ: Is it too late to return my HOP Kit?



If you have a HOP genetic screening kit at home but have not yet completed and returned it, there is still time!

Participants with HOP Kits from 2021 or later can complete the kit and send it back without needing a replacement kit. Before you collect your saliva sample, confirm that you have all the necessary materials to complete the kit including a collection tube, mouthwash, plastic bag, and pre-paid return mailer. If you are missing any parts, email us at HealthyOregonProject@ohsu.edu.

Once you have what you need, log in to the Healthy Oregon Project (HOP) app, or re-download and log in to your existing account by clicking "I have an account". Follow the instructions provided in the kit to activate your kit before you swish, then collect your sample and return it! For a refresher on completing a kit, visit our website [here](#).

Cancer and Chronic Disease Prevention and Early Detection Resources and Education



Head and neck cancers are most often linked to alcohol and tobacco use, yet in recent years, HPV infection has become a leading risk factor. Learn about prevention and screening this awareness month from [OHSU Knight Cancer Institute](#).



Melanoma stands out.
You could spot cancer.
STARTSEEINGMELANOMA.COM

As we prepare for the summer months, refresh your sun protection and skin cancer screening knowledge. Refresh your understanding of the common signs of melanoma with the ABCDE guide from Start Seeing Melanoma [here](#).

Find us online at HealthyOregonProject.com or our social media



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