

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

Know Your Heart Disease and Cancer Risks with HOP

Heart disease and cancer are the two leading causes of death for both men and women in the US. Though they might appear to be unrelated, research [from Johns Hopkins Medicine](#) found that individuals who have had cancer are at an increased risk of developing cardiovascular disease later in life when compared to those without any cancer history. However, the good news is that by being aware of the risks associated with these diseases, including family history, people can increase their chances of better outcomes.

[HOP's genetic screening](#) includes more than 30 genes that indicate increased cancer risks and one gene that's related to cardiac risk. The LDLR gene is linked to an increased risk for higher cholesterol that is not manageable with dietary modifications, which raises a person's risk of early heart disease or heart attack.

Beyond knowing genetic risks there are actions people can take to reduce their risks, including staying current on yearly cancer screenings, making healthy lifestyle choices, managing blood pressure and sugar levels, and becoming aware of the signs or symptoms of both diseases. Visit the [American Heart Association](#) for information to help improve and maintain your heart health for American Heart Health Month.

New Survey Alert!

Contribute to cancer research in just *2 minutes* by sharing your perspective about cancer in the Cancer Beliefs survey. Take the *Cancer Beliefs* survey now on the [HOP app](#) and make a difference!



Meet Dan Mullins

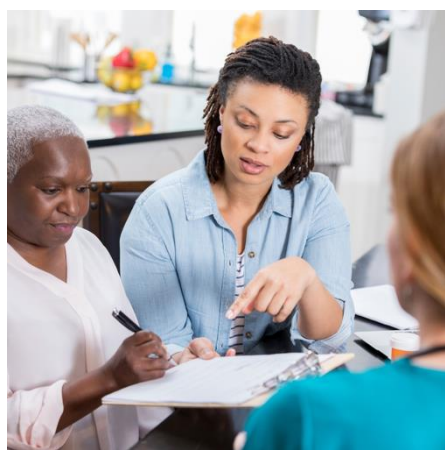
Healthy Oregon Project Participant

Encouraged by his wife, Dan decided to take charge of his health by joining HOP. This empowered him to be proactive about his well-being while also making a valuable contribution to research. He was aware of his high cholesterol levels but was interested in gaining more knowledge about his genetic risk. Dan learned he has the LDLR gene. This gene is associated with Familial Hypercholesterolemia, a genetic condition that causes high cholesterol that is not manageable by diet alone but is treatable if detected. Dan appreciated the personalized responses and follow-up from the study team to learn new management techniques. He now encourages others, especially other men, to receive this invaluable report and be proactive about their health.

"Joining this study was easy to navigate and I received invaluable information that exceeded my expectations."



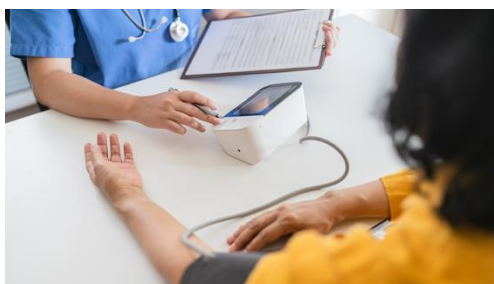
FAQ: If I have a positive result, how do I pay for preventive services?



HOP participants who receive a positive result, a gene variant detected, will also receive a no-cost genetic counseling consultation with an OHSU genetic counselor and follow-up resource assistance from the HOP participant navigator.

Costs for preventive measures (e.g., testing, medical procedures, medications) recommended by the OHSU genetic counselor are **not paid for by HOP**. Although insurance companies may cover the cost of recommended preventive measures for individuals who have a familial gene mutation, it is possible that preventive care may not be fully covered due to out-of-pocket costs related to deductibles or copayments. If you have received a positive result, the HOP Participant Navigator can help you enroll in insurance or access financial assistance services that are typically available in most clinics and health systems. Visit our [FAQ page](#) for more information.

Cancer and Chronic Disease Prevention and Early Detection Resources and Education



Women often experience delayed recognition, diagnosis, and treatment for heart attacks. In fact, women can have different heart attack symptoms than men. This American Heart Month learn the signs and symptoms from the [American Heart Association](#).



The [All of Us](#) study from the National Institute of Health is focused on changing the future of how health research is done. By including everyone, researchers can learn ways to prevent and treat illnesses specific to each person. Learn how to join the study [here](#).

Find us online at [HealthyOregonProject.com](#) or our social media



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