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Know Your Risk to Take Preventive Action Early

The Pacific Northwest (PNW) region has experienced a rise in cancer rates in recent years. HOP's goal is to increase people's awareness of what to watch for by providing personalized health information from surveys and learning about their genetic risk through the [HOP inherited genetic screening saliva kit](#). With this knowledge, individuals can take action to reduce their cancer risks or begin screenings to catch it at an early stage when it is more treatable.

In the Northwest region, one in seven women will develop breast cancer, slightly higher than the national average. Oregon is one of the top states for melanoma cases, with about [26 cases per 100,000 residents on average](#). Genetic risks for these and other cancers can be identified through the HOP gene panel.

You can learn about your inherited cancer risks by downloading the HOP app today from [Google Play](#) or [Apple iOS app store](#)!

Is there specific information you want to learn from HOP? Tell us how we can improve the HOP app.

Complete the ***Help Us Improve and Result Feedback Surveys*** in the [Healthy Oregon Project app](#).



Meet Kara Null

Healthy Oregon Project Participant

Like many families, mine has been overwhelmed with stress, loss, and health issues over the last few years so I was worried about the potential impact finding out about a mutation would have. I soon realized the burden of not knowing caused even more anxiety than receiving some bad news. Plus, in this case, the bad news became hopeful news once I found out there were prevention options. Now with my BRCA2 result, I receive regular mammograms, screenings, and MRI scans to watch for breast and ovarian cancer.

"It's easy to think that you are immune to certain diseases or cancer if you haven't seen clear evidence of it in your family but sometimes you have to be the first to get tested to create that knowledge."



FAQ: Can I participate if I've Had Cancer or Receiving Treatment?



Cancer survivors or patients receiving treatment are welcome to join the Healthy Oregon Project. **Cancer survivors are needed to fully understand the role of genetics and cancer risk.**

Enrolling in the study is a personal decision. We are analyzing several genes associated with inherited cancer syndromes; therefore, it is **possible we could find a mutation associated with an increased risk for a type of cancer you have not had or are not screening for at this time.** With that information, it could alter future preventive screening plans for you and your family members.

The Healthy Oregon Project is led by OHSU scientists with the goal of better understanding cancer causes to advance cancer prevention, early detection, and treatment research. Visit our [website FAQs](#) for more information about the study, the team, and how to participate.

Cancer and Chronic Disease Prevention and Early Detection Resources and Education



The [Oregon Drinking Water Quality Study](#) is inviting Oregon residents to participate in a project that aims to understand the quality of drinking water across the state. To take part, simply send in three samples of water from your household faucet. Sign up [here](#)!



Life after or during cancer treatments can be filled with lots of emotions, concerns, and new lifestyles. The [American Cancer Society](#) offers cancer survivors information and tips for staying active and healthy during and after treatments. Visit [the website](#) today!

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



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