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HOP Results Empower Participants for Early Action

One of the goals of the Healthy Oregon Project (HOP) is to **provide participants with personalized health information about their risk of cancer** and other health conditions. Since 2018, HOP has identified a positive variant in **1 in every 75 Oregon participants** through the [no cost inherited genetic screening kit](#).

HOP screens for genetic differences that have current National Comprehensive Cancer Network guidelines that provide preventive or early detection measures to reduce the risk of developing or dying from certain diseases. [HOP's Genetic Counselor](#) contacts those with a positive result to provide an overview of the specific variant detected and review the recommended guidelines at no cost.

HOP's Participant Navigator also follows-up with participants to help provide resources including support groups, financial resources, high-risk clinics, and more. Informed health decisions begin with access to personalized early detection resources – [are you ready to take the first step?](#)

Start 2022 off with HOP's personalized surveys completed on the app!
How is stress impacting your overall wellbeing?
 Check out all the topics on the app. Available at no cost through the [IOS](#) or [Android](#) app stores.



Meet LaTosha Wilson, Healthy Oregon Project Participant

Following the sudden loss of her mother to stage 4 cancer, LaTosha immediately sought out information to answer how this could happen. She found that genetic screening could help provide answers to conquer her fear of the unknown. LaTosha admits she experienced anxiety at the beginning of the testing process, but her positive result was met with a plan and knowledge to better advocate for herself. HOP's genetic counselors and participant navigator helped ease her anxiety by providing resources and the support she needed to feel empowered instead of defeated. The genetic variant detected in LaTosha's HOP Kit means that she faces a 23% chance of developing breast cancer, but now instead of fear she's taken control with proactive measures like frequent testing, mammograms and a commitment to a healthier lifestyle.



LaTosha receiving a mammogram after HOP's genetic screening results.

"HOP does a wonderful job of providing education and empowering people to take ownership of their health. Take the leap, or should I say HOP, to learn more about your body."

FAQ: How does HOP compare to clinical genetic testing?



HOP is designed for the general population to find the most common harmful variants that indicate a higher-than-average risk for inherited cancer or diseases. **HOP can detect about 90% of medically relevant inherited cancer risks in the genes analyzed compared to clinical genetic testing.** The major disease types covered in [HOP's current 32 gene panel](#) include breast cancer, gynecologic cancers, and colon cancer.

Individuals with a personal or family history suggestive of an inherited cancer syndrome should **still consider additional genetic testing from their provider regardless of a negative result** from HOP.

A goal of the [HOP study](#) is to understand how to make inherited cancer risk screenings accessible to more people. The study is supported by the Knight Cancer Institute Center for Early Detection and Advanced Research (CEDAR) and a Moonshot grant from the National Cancer Institute, National Institutes of Health.

Cancer and Chronic Disease Prevention and Early Detection Resources and Education



Major risk factors for cervical cancer include smoking, family history, and HPV infections. Learn more about early detection and prevention in honor of Cervical Cancer Awareness Month at [American Cancer Society](#).



Have you recently had an endoscopy due to digestive problems? Join OHSU Knight Cancer Institute's Microbiome & Esophageal Cancer Progression (MEP) Study – from home! Find out if you, your friends or family are [eligible](#).

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

