HEALTHY OREGON PROJECT

HOP NEWSLETTER

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OHSU Genetic Counselor Provides Management Options

HOP participants who submit an inherited genetic risk screening salvia sample are screened for variants in more than 30 genes associated with hereditary breast, colorectal, prostate, ovarian, and other cancers and chronic diseases. Each variant screened has medically-recommended prevention or early detection behaviors available which are discussed with an OHSU genetic counselor if a variant is detected.

A positive result (variant detected) does not mean participants have or will develop cancer but an inherited mutation in one of these genes could increase the risk of developing cancer in the future. Knowing can help protect family members since parents, siblings, and children each have about a 50% chance of having that same mutation.

Prevention and management recommendations most common with genetic risks include additional cancer screenings beginning at earlier ages than is recommended for the general population, and/or risk-reducing surgery options. Every HOP participant with a positive result receives a no-cost clinical consultation with an OHSU genetic counselor to review specific risks associated with their results and recommended next steps for the participant's regular care providers. Visit HOP's Genetic Screening page to learn more about joining the study!

Insight into the relationship between chronic disease risks and choices like smoking tobacco and drinking alcohol help us understand the risk of cancer and other chronic diseases.

Find the Behaviors survey in the Healthy Oregon Project app today.

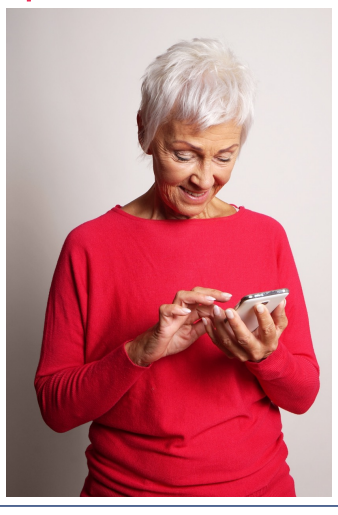
Meet Julie Simpson

Healthy Oregon Project Participant

In my family there is a high cancer rate from my mom, dad, sister, and grandmothers, so I felt it was important for me to find out if our family has a genetic risk. HOP made the experience easy and everyone on the team was available to answer questions, especially once I received my positive results. **An OHSU genetic counselor contacted me over the phone and explained my results in laymen's terms so I could easily understand.** HOP provided support with finding a geneticist so I can get further testing for myself, and the process inspired my daughter, nieces, and cousins to also receive testing to be proactive about their futures.

"Our community is very fortunate to have the opportunity to have the Healthy Oregon Project and to take control of their own health."

FAQ: Why do some surveys remain available after I've completed them?



The Healthy Oregon Project provides personalized health information to participants through health surveys available on the HOP mobile app. HOP surveys help the study understand the role that environments, behaviors, and lifestyles contribute to cancer and other chronic diseases.

A few of the surveys remain available after completing them in order for participants to review them at a later time. The Measure Your Impulsivity, Stress, and Test Your Reaction Time surveys allow you to view the scorecard and feedback after completion but does not allow you to retake them. Meanwhile, the Cancer History survey stays available for participants to make changes as new family history may be discovered.

HOP will continue to make new surveys available and provide participants with opportunities to contribute to cancer research!

Cancer and Chronic Disease Prevention and Early Detection Resources and Education

Breast cancer is the second most common cancer type that causes death in Oregon. Early detection is the key to survival. Learn more from OHSU Knight Cancer Institute about what a mammogram is and more.

Diabetes can be a risk factor or a symptom of pancreatic cancer. Research studies suggest that new-onset diabetes in people over 50 may be an early symptom of cancer. Learn more from Pancreatic Cancer Action Network.

Find us online at HealthyOregonProject.com or our social media

OHSU Knight Cancer Institute | University of Oregon Center for Science Communication Research | Providence Cancer Institute | Kaiser Permanente Center for Health Research | Oregon Health Authority | OCHIN