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The Importance of Knowing Your Family Health History

People have to keep track of a lot of information these days from the endless number of unique passwords to the changing landscape of news and everything in between. Keeping track of your family health history may seem like just one more thing. In fact, there are suggestions that you should have **a record of information from three generations of relatives**. With so much to know what can be done with family health history?

Families commonly have similar genetics, lifestyles and environments so having a full view of family health history can provide insight into any increased risks of health conditions that you or your family members have. Higher risks of diseases like heart disease, high blood pressure, diabetes and cancer can be identified through family health history.

About 5-10% of cancers are **inherited**, meaning they can be passed down by family members, so knowing your family health history can help you take steps to lower your risks of diseases or allow you to begin early screening for those diseases. Family knowledge can save your life, learn [how HOP can help](#) today!

The Cancer History survey is available for cancer survivors or participants with no known cancer risk. We're looking for connections between known cancer history and disease risk.

Find the survey in the [Healthy Oregon Project app](#) today.



Meet Amelia Mulford

OHSU Genetic Counselor

Amelia is one of the genetic counselors who contact participants if they have a positive (variant found) genetic test result from HOP. She discusses the meaning of this result related to cancer risks, health management options, and testing options for relatives. Gathering details about the participant's personal and family medical history is an important piece of the conversation. Amelia aims to make these calls informative and clear so that participants know their next steps.

"I feel grateful to have direct communication with participants, and I'm always struck by the desire of this community to contribute to broader scientific knowledge."



FAQ: Why are the HOP surveys important?



Certain HOP surveys provide participants with personalized health information about their risk of cancer and other health conditions.

Surveys provide a deeper **understanding for researchers about the impact that environments, behaviors and lifestyle choices make on cancer risks and other chronic health conditions**. For example, the Cancer History survey allows researchers the opportunity to understand past cancer diagnoses while also gaining knowledge about the effect of cancer early detection screenings. So far **about 70% of participants have voluntarily completed the surveys in the app**.

HOP Kit results are an important part of cancer prevention, but surveys share an equal role in HOP's full understanding of cancer risks. **Click here to log into your HOP app today and check to see if you have any surveys that haven't been completed.**

Cancer and Chronic Disease Prevention and Early Detection Resources and Education



The Kaiser Permanente Northwest [Center for Health Research](#) (CHR) is enrolling participants 6 mo. to 49 yrs. old to join a new study. [CASCADIA](#) seeks to learn about COVID-19 infections and the effectiveness of vaccines. Find out [here](#) if you and your family are eligible to join.



A cancer diagnosis is a life-changing discovery. For cancer patients and survivors this life adjustment can increase a patient's risk for mental illness. [Mental Health America](#) provides information specific to cancer and mental health to increase awareness for all.

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

