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HOP Screens for Gene Associated with Cardiac Risk

HOP's inherited genetic screening includes 31 genes that identify variants related to cancer risk and one gene that indicates an increased risk for higher cholesterol that is not manageable with dietary modifications called the LDLR gene.

What does a mutation in the LDLR gene mean? Familial Hypercholesterolemia (FH) is a genetic condition that causes high cholesterol and is caused by mutations in the LDLR gene. The excessive cholesterol within a person's bloodstream creates buildup in the walls of coronary arteries that increases a person's risk of early heart disease or heart attack. This form of high cholesterol (or hypercholesterolemia) cannot be managed by diet and exercise alone, but is treatable if detected.

In the U.S., more than one million people have FH, but less than 10% know. Early detection and treatment can reduce heart disease risk by about 80%. February is **American Heart Month** and **National Cancer Prevention Month**, so request a [HOP Kit](#) today to get screened and give yourself, parents, siblings, and children a head start with early detection.

Have you learned more about your family health history? HOP allows you to update the Cancer History survey at any time.

Find all the surveys in the [Healthy Oregon Project app](#).



Meet Catherine Driscoll, Ph.D. Genetic Analyst, Healthy Oregon Project

Catherine is part of the laboratory team that interprets the DNA variants from HOP's 32 genes screened. Every sample HOP receives is processed through Next Generation Screening (NGS), which screens for numerous variants in these genes at once, then if there is a reportable (positive) variant identified, it's confirmed by additional testing (Sanger sequencing). At this step, Catherine reviews and confirms any DNA variants found before releasing a final report to the OHSU Genetic Counselor to share with participants.

Within this role, Catherine can combine her love of science and her desire to help people by identifying this information about potentially preventable or treatable disorders.

"As a native Oregonian, the work on HOP is very personal and an important mission for me. I am honored to be a part of this study."



FAQ: How can I share HOP with family and friends?



The Healthy Oregon Project aims to provide Oregonians with personalized health information about their risk of cancer and other health conditions in order to save lives.

If you would like to [share the HOP study](#) with friends or family, there are a few different ways to do so:

- **Share a post with your HOP selfie card** on your social media channel.
- **Send a link** to the HOP website to your friends' circle.
- **Inform your family** about the results you received. *Remember parents and siblings each have a 50% chance of having the same result.*

Enrolling in HOP can help your loved ones get ahead of a cancer or other disease diagnosis with early detection.

Cancer and Chronic Disease Prevention and Early Detection Resources and Education



A higher blood pressure puts people at greater risk of heart and kidney disease and stroke. For American Heart Month learn how to check, monitor, and manage your high blood pressure with the [American Heart Association](#).



Cancer survivors are at higher risk for certain health conditions. The [AMPLIFY study](#) provides survivors aged 50+ with diet and exercise programs to support a healthier lifestyle. Join and share this study with survivors from across the U.S. [today](#).

Find us online at HealthyOregonProject.com or our social media

