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Cancer Survivors are Important to Research, Here's Why

Research discoveries rely on participation from everyone to help develop effective treatments. To understand the connection between a person's genetics and their risk of hereditary cancers or other health conditions, **HOP invites cancer survivors to contribute to early detection science.**

BRCA1 and BRCA2 gene mutations, the primary links to Hereditary Breast and Ovarian Cancer syndrome (HBOC), were first identified through research funded by the [National Cancer Institute](#). Now, research has found that HBOC is linked to 5-10% of breast cancers and 10-15% of ovarian cancers. The knowledge of these mutations has led to the development of better screening practices and other risk-reducing treatments.

HOP has returned positive results (genetic risk variant found) to **1 in every 20 participants or about 5%** of those who returned their HOP Kit. An OHSU genetic counselor calls participants with positive results to discuss the results and recommended next steps. HOP's Patient Navigator also checks in with these participants about one month and six months later to help answer questions and find resources that may be needed. **The Healthy Oregon Project makes contributing to research convenient and supported – it can be done through the HOP app on your smartphone device [today](#).**

HOP shares information about health but we need YOU to share feedback to us. Let us know how we can improve!

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



Meet Jacob Buitrago

Research Assistant 2, OHSU Integrated Genomics Laboratory, Healthy Oregon Project

As a research assistant, Jacob is primarily responsible for receiving and processing the samples that HOP participants collect and mail back. He performs a high-throughput screening (HTS) of DNA extractions from samples, and then quantifies and secures each sample to move forward for analysis. The HTS uses automated equipment to rapidly test multiple samples of biological specimens at once in order to make sure the sample is viable to screen for variants. This process is only possible because of the collaborative effort from the HOP team's dedication to participants and cancer early detection.

"I am excited to be on the HOP team and honored to play a role in expanding our collective understanding of cancer and cardiovascular disease."



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.**

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. Check out 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



  #MensHealthMonth

Did you know that heart disease is the leading cause of death for men in the United States? For Men's Health Month take control of your health with [OMH's Five Plays for Men's Health](#) which encourages healthy habits for all ages.



Exercising Together® research study is learning how exercise can benefit prostate, breast, or colorectal cancer survivors and their partners. If you are a survivor between 35-80 years old and interested in joining visit the website [here](#).

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

