



[HOP website](#)

[IOS app store](#)

[Android app store](#)

HOP Screens for Skin Cancer Risk

Despite the cloudy weather, Oregon consistently has one of the highest rates of melanoma skin cancer diagnoses and deaths. We can take action to change that! **Spotted early, melanoma has a 99% survival rate.**

Oregon is a leader in melanoma skin cancer early detection initiatives, such as OHSU's [Start Seeing Melanoma](#) education campaign which helps Oregonians learn to spot melanoma on their own, and the Healthy Oregon Project (HOP). **HOP's inherited genetic risk panel screens for variants in more than 30 genes, including two rare variations in genes associated with melanoma skin cancer risk (CDKN2A and CDK4).**

Every [HOP Kit](#) returned is automatically screened for those variants. **HOP participants receive results in about 6 months at no cost.** If a genetic risk is found, an OHSU genetic counselor calls to discuss the results and cancer prevention and detection next steps. If no genetic risk is found, participants are notified through a report on the Healthy Oregon Project app. HOP is an NIH-funded study led by OHSU scientists with the goal to understand how to make inherited cancer risk screening accessible to more people.

HOP's COVID & You survey helps us understand the role of the pandemic in cancer prevention and screening.

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



Meet Sarah Mirk

Healthy Oregon Project Participant

"Getting the results from the study has made a big impact on my life," said Sarah Mirk after participating in HOP's inherited genetic screening. Her screening identified a mutation that puts her at higher risk of uterine, ovarian, and colon cancers. Because of these elevated risks her doctors recommend preventive measures including a hysterectomy and colonoscopies beginning at 35 years old. [\(The American Cancer Screening guidelines suggest all people at average risk should start screening at 45 years old.\)](#) Medical decisions such as surgery are major choices, but Sarah hopes that taking these preventive steps will keep her from ever getting cancer.



"Everyone should have access to important knowledge about their body, so having this kind of information available for free feels like a huge deal to me."

FAQ: Is a positive result considered a pre-existing condition?



Screening through the Healthy Oregon Project does not impact your health insurance coverage. In fact, **genetic screening results are specifically protected by GINA (created in 2008), the Genetic Information Nondiscrimination Act.**

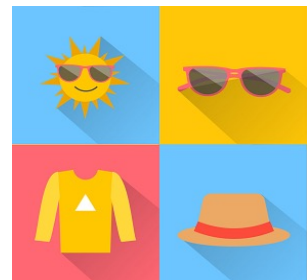
Under GINA, health insurers cannot use genetic information, including results of predictive genetic tests, to make eligibility and coverage decisions. **Predictive genetic test results cannot be considered a pre-existing condition.**

Federal law, however, does not protect against genetic discrimination by companies that provide life insurance, disability insurance, or long-term care insurance. HOP recommends asking your life insurance company about their particular policies. Visit [GINA Help](#) for more information on the protections covered.

Cancer and Chronic Disease Prevention and Early Detection Resources and Education



The COVID-19 pandemic has delayed annual cancer screenings and other preventive care for many people. Need help finding a convenient screening location near you? Visit [Time to Screen](#) today to get started.



Did you know one of the best ways to protect your skin from the sun is through clothes? Some clothing is even certified in UV protection. Learn more about sun safety tips from the CDC [here](#).

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

