



[HOP website](#)

[IOS app store](#)

[Android app store](#)

HOP is Available in Spanish for All 50,000 Participants

The OHSU Healthy Oregon Project (HOP) is excited to announce that the study is now available in Spanish for new and existing participants! As part of recent platform upgrades—including a new [website account login](#) and app—all HOP participants can now access the study in Spanish.

HOP has reached an exciting milestone by enrolling over 50,000 participants! This study proudly offers all participants the opportunity to receive no-cost genetic screening, along with personalized health surveys that provide valuable information to save lives. Participants with [HOP accounts](#) in English can easily switch to Spanish by updating their language preference in their account profile. Make sure to share this news with friends and family!

Everyone can benefit from cancer detection research, which is why this accessibility enhancement with multilingual options and a website login are important. Remember, the original HOP app used before November 2024 is no longer available, so if you haven't downloaded our new upgraded app or activated it through our website, we invite all 50,000 HOP participants to activate your new, free, updated account today in [English](#) or [Spanish](#)!

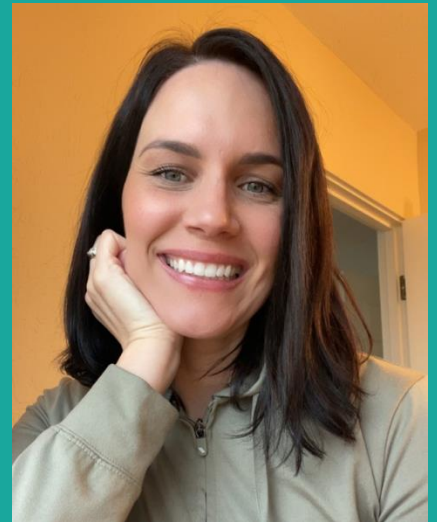
Have you updated your contact information in your profile?

HOP's new platform enables participants to update their contact information, login details, and language preferences. You can find your 'Account' details in the 'More' section of the [app](#) or on your dashboard on the [website](#).



Meet Darci Mason
Healthy Oregon Project Participant

Darci anticipated that she would likely receive a positive result from HOP, as her family members had recently learned, but the opportunity to confirm her genetic risks made for an easy decision to submit a saliva sample. Her result showed that she carried the PALB2 gene mutation, which increases her lifetime risk of breast cancer to 35-53%, compared to the average risk of about 13%. Darci was already receiving follow-up care from an abnormal mammogram, and these HOP results were the deciding factor she needed. She received an early-stage breast cancer diagnosis and underwent surgery soon after the news. Now, with her HOP result, she feels that this information provided her with the confidence to make the hard decisions to receive other preventive care to reduce her risk of the other cancers associated with the PALB2 mutation.



“These results had a direct and immediate impact on my life. Early detection and genetic screening, like HOP, offered me the ability to act decisively for the best outcomes. Now I know my risks, and I’m taking action!”

FAQ: How will I receive the genetic screening results?



HOP participants will receive results from the inherited genetic cancer screening saliva sample within four months of returning the kit.

If a **positive result** or a gene variant is detected, an **OHSU genetic counselor will call to discuss the findings and provide updated screening recommendations**. Participants will also receive a follow-up call from HOP’s Participant Navigator, who will offer resources and assistance with questions about financial resources or care access.

For participants with **negative results** or no gene variants detected, their **reports will be uploaded directly to their secure HOP account**.

All HOP results are entered into an OHSU medical record. For more information, please visit [HOP’s FAQ page](#).

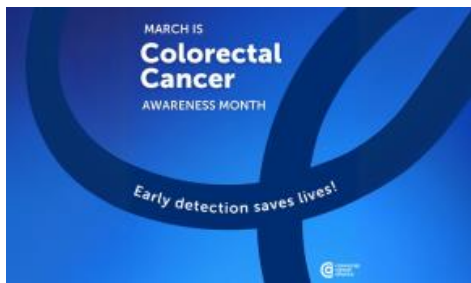
OHSU Clinical Studies

At OHSU there are **hundreds of clinical trials open** and looking for **participants** to help answer big scientific questions. You can be part of helping doctors find new ways to **improve health and treat diseases** beyond the Healthy Oregon Project (HOP) with [OHSU Clinical Trials](#).

[Explore the wide range of study topics](#), including nutrition, mental health, respiratory systems, COVID, and more. Enrollment in OHSU Clinical Trial studies is voluntary.



Cancer and Chronic Disease Prevention and Early Detection Resources and Education



Did you know there are options for colorectal cancer screening beyond a colonoscopy? This Colorectal Cancer Awareness Month, learn about them to discuss the best option with your healthcare provider. Screening should start at age 45 for those at average risk. Learn more from the [Colorectal Cancer Alliance](#).



[OHSU Knight Cancer Institute](#) is enrolling for The Breast Cancer Observational Study (BCOS) to understand the cancer better and to develop new ways of treatment. If you have recently been diagnosed with breast cancer and are 18 years or older, visit the study page to learn [more](#).

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

