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Cancer Screening Guidelines for Early Detection

Cancer screening guidelines vary depending on family history, genetics, lifestyle, and behaviors. Did you know these guidelines are developed and, most importantly, updated based on new research from clinical trials? **Participation in clinical trials and research studies is essential for advancing early cancer detection and updating screening recommendations.**

By joining studies like HOP, you can take part in research that helps validate new cancer prevention and detection methods. OHSU's Cancer Early Detection Advanced Research Center (CEDAR) offers many clinical trials, including the [REACH study](#), which aims to see if a simple blood test can detect cancer early in individuals. This study is available for people aged 50 or older who have never been diagnosed with cancer or have been cancer-free for at least three years and are insured by Medicare. Progress in cancer detection relies on participants like you!

In the meantime, **talk to your healthcare provider to confirm your cancer screenings are up to date:**

- Start colorectal cancer screening at age 45.
- High-risk men should begin prostate cancer PSA testing at age 45.
- Begin breast cancer mammograms at age 40, but no later than age 45.
- Former smokers aged 50 and older should have annual lung cancer CT scans.

HOP has new activities, studies, and surveys planned for participants, accessible right in your account! Watch for emails announcing these new activities and be sure to check your "to-do" list in your [HOP app](#) today.

New survey alert! **Pancreatic Cancer Beliefs and Screening** is now available.

This survey asks about the motivations and hesitations around pancreatic screening to help lead to earlier detection. Complete this survey in your account today on the [HOP app](#) or [website](#).



Meet Vanessa Serrato

Healthy Oregon Project Communications Manager

Vanessa's role in the HOP study includes the social media presence, study announcements, and the HOP monthly newsletter. Because HOP reaches participants across the entire state, keeping everyone informed about study updates is essential. The newsletter has previously featured participant stories, and we would love to continue highlighting individuals from the HOP community. If you're interested in being featured in an upcoming issue, please email us at HealthyOregonProject@ohsu.edu.



"I'm incredibly proud to be a part of this team, as our study has positively impacted countless lives. Let's continue sharing information about HOP so that, together, we can keep making a meaningful difference."

FAQ: I submitted my sample before the deadline. When can I expect the results?



The HOP study received a large number of samples before the pause, resulting in longer turnaround times than expected. Our lab and genetic counselors are working through the samples and results as quickly as possible. All participants who returned a sample by the deadline but have not yet received results were notified that their results may be slightly delayed. **At this time, we expect to return the results to all affected participants by the end of the year.**

If your results are **negative** (no variants found), the **report will be uploaded to your secure HOP account**. To view your results, select the tab labeled "Result" at the bottom of the menu on the left if using the web portal, or click "more" in the menu at the bottom of the screen if using the app.

If you receive a **positive** result (variant found), **an OHSU genetic counselor will contact you at no cost to review your results and discuss preventive measures**. One month after your discussion with the genetic counselor, the HOP Participant Navigator will follow up to provide additional resources and answer any questions you may have regarding your positive result. Visit the [Participant Resources](#) page for cancer and heart disease resources.

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, head and neck, and more. Enrollment in OHSU Clinical Trial studies is voluntary.



Cancer and Chronic Disease Prevention and Early Detection Resources and Education



There isn't one single cause for ovarian cancer, but a woman's lifetime risk of developing the disease is approximately 1 in 91. This Ovarian Cancer Awareness Month, visit the [American Cancer Society](#) to learn about risk factors, prevention, and screening methods.



Prostate cancer is very treatable when detected early, so regular screening is important. The PSA test is recommended starting at age 55, or at 40 if you have risk factors. Learn more about signs and symptoms at [Knight Cancer Institute](#).

Find us online at HealthyOregonProject.com or our social media



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