Familial Hypercholesterolemia (FH)

**FH is Common**

FH is a **genetic disorder** that causes dangerously high levels of LDL ("bad") **cholesterol** from birth, leading to early heart disease.

FH affects **1 in 250 people or 30 million worldwide** of all races and ethnicities.

FH is highly **underdiagnosed** – **80% of people with FH don’t know they have it.**

**FH Causes Early Heart Disease**

~17,500 – the same number of people die from FH every year as from car accidents.

~790,000 Americans a year have a heart attack. Untreated individuals with FH have a **20X increased risk** of a heart attack.

**FH is Important to Find**

Consider screening for FH if you have a family history of high cholesterol and/or early heart disease.

FH **can be diagnosed clinically or with a genetic test.**

Genetic testing for FH should include **pre- and post-genetic counseling.**

#FHCantWait

- **CONFIRM** your diagnosis with an FH specialist.
- **TREAT** with medications and intensify treatment to keep your LDL in control.
- **SCREEN** your family to find other family members with FH to minimize their risk.

Learn more and get support at FamilyHeart.org