

Family Heart Disease & Cholesterol

Lower your LDL cholesterol to help protect yourself from heart attack and stroke.



Understanding LDL Cholesterol

Exposure to high LDL cholesterol causes damage, inflammation and blockages in the arteries of the heart and brain. As a result, high LDL cholesterol leads to heart attack, bypass surgery, stents, stroke, and premature death. Untreated LDL cholesterol over 190 mg/dL is considered "severe hypercholesterolemia."



Genetics and Cholesterol

Severe hypercholesterolemia is often genetic. If you have a personal or family history of early heart disease, stroke or high cholesterol, it is important to understand if you have inherited familial hypercholesterolemia (FH).

Familial Hypercholesterolemia (FH)

1 in 250 people
Common

Homozygous FH (HoFH)

1 in 300,000 people
Rare

What you can do



Keep your LDL cholesterol in the safe zone

If you have heart disease, medical guidelines recommend you keep your LDL cholesterol **below 70 mg/dL**. If you do not have heart disease, medical guidelines recommend you keep your LDL cholesterol **below 100 mg/dL**.

SAFE

<70 mg/dL

LDL Cholesterol Levels

DANGEROUS

>190 mg/dL



Manage with medication

When diet and exercise are not enough, there are effective treatments to lower LDL cholesterol. **If you are diagnosed with FH or HoFH, you will need to take cholesterol lowering medication** to reach your treatment goals and protect yourself from heart disease and stroke.

Manage all risk factors to lower your overall risk



Heart-Healthy Diet



Regular Exercise



Healthy Weight



No Smoking



Blood Pressure



Blood Sugar

Learn more at www.FamilyHeart.org



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