April 21, 2020

To Whom It May Concern:

In the wake of the coronavirus disease 2019 (COVID-19) pandemic it has become clear that persons with pre-existing cardiovascular disease are at increased risk of a poor outcome should they contract COVID-19.

Individuals with familial hypercholesterolemia (FH), an autosomal dominant genetic disorder characterized by lifelong elevated low density lipoprotein cholesterol (LDL-C) levels and markedly increased risk for premature coronary artery disease (CAD), may be at increased risk due to COVID-19, even if they have not previously had a cardiac event. Many persons with FH have subclinical CAD early in life, as such, they too should be considered high risk.

Additionally, people with elevated Lipoprotein(a), or Lp(a), may also be at increased risk of a poor outcome from COVID-19. This lipoprotein is both atherogenic and thrombogenic and is an independent predictor of premature CAD. Compounding this issue is the fact that Lp(a) levels are known to rise markedly (>100%) during the cytokine storm that is often observed with COVID-19 infection. This may further increase the risk for cardiovascular complications. Lp(a) is an independent genetic risk factor, but many people with FH also have elevated Lp(a).

I am recommending persons with FH, especially those with established CAD, subclinical CAD, and with elevated Lp(a), be considered high risk should they contract COVID-19. I recommend persons with FH bring this letter along with their medical history and list of current medication should they need to go to the emergency room with symptoms consistent with COVID-19.

Sincerely,

Mary P. McGowan, MD
Chief Medical Officer
Family Heart Foundation
Assistant Professor of Medicine
Geisel School of Medicine at Dartmouth
Dartmouth-Hitchcock Medical Center
Lebanon, New Hampshire
MY HEALTH HISTORY

MY CONTACT INFORMATION:

First Name  Middle Name  Last Name  Date of Birth

Address 1  Address 2  City  State  Zip

Phone Number  Email

Emergency Contact Name  Emergency Contact Phone Number

Primary Care Physician Name  Primary Care Physician Phone Number

Cardiologist/Lipid Specialist Name  Cardiologist/Lipid Specialist Phone Number

MY HEALTH BACKGROUND:

I have:

☐ Familial Hypercholesterolemia (FH)  ☑ HeFH  ☑ HoFH  ☐ Unknown  ☐ Elevated Lipoprotein(a) or Lp(a)  ☐ Hypertension

☐ Diabetes  ☐ Pre-Diabetes  ☐ Current Smoker  ☐ Other  ☐ Other

Cardiovascular Event History

☐ Heart Attack  ☐ Stent  ☐ Coronary Artery Bypass Graft

☐ Aortic Valve Replacement  ☐ Stroke  ☐ Angina

☐ Peripheral Artery Disease  ☐ Other

MY CURRENT MEDICATIONS:

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