



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 _____
Age or Year Stent _____
Age or Year Coronary Artery Bypass Graft _____
Age or Year
 Aortic Valve Replacement _____
Age or Year Stroke _____
Age or Year Angina _____
Age or Year
 Peripheral Artery Disease _____
Age or Year _____
Other *Age or Year*

MY CURRENT MEDICATIONS:

Medication Type	Dose	Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

NOTES
