

# Familial Hypercholesterolemia

## What to Expect: Treatment

### Goal of Treatment

The goal of FH treatment is to lower Low-Density Lipoprotein Cholesterol (LDL-C). This will reduce the risk of heart disease including heart attack, stroke, the need for bypass surgery or stents, and even early death.

- < 100 mg/dL for people who **do not** have cardiovascular disease
- < 70 mg/dL for people who **already have** cardiovascular disease

For every 40 mg/dL reduction of LDL-C, cardiovascular disease risk is reduced by 21%.

A combination of treatments along with a healthy diet and exercise will be needed to adequately lower LDL-C. Work with your healthcare team to find the right treatment plan for you.

### FH Treatments



#### Statins

**First line treatment for cholesterol lowering.** Statins decrease production of cholesterol in the liver and increase the function of LDL receptors that remove LDL-C from the bloodstream.



#### Ezetimibe

Ezetimibe works in the small intestine by decreasing cholesterol absorption and increasing the function of LDL receptors that remove LDL-C from the bloodstream.



#### PCSK9 Inhibitors

PCSK9 inhibitors help improve the function of LDL receptors that remove LDL-C from the bloodstream by inactivating PCSK9, a protein that destroys LDL receptors.



#### Bempedoic Acid

Bempedoic acid is a non-statin treatment that lowers the level of cholesterol in the blood by inhibiting an enzyme in the liver (ATP citrate lyase).

LDL-C 35-55%

LDL-C 18-25%

LDL-C 40-65%

LDL-C 15-25%



**Additional Treatments include:** Bile Acid Sequestrants, Lipoprotein Apheresis, Lomitapide (HoFH only) and Evinacumab (HoFH only).

Information provided for educational purposes only. Please consult your healthcare provider regarding your specific health needs.