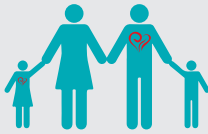


DO YOU  
#KnowFH?



# Familial Hypercholesterolemia (FH)

## What is FH?



Familial Hypercholesterolemia (FH) is a **genetic disorder** that causes dangerously **high levels of LDL**, or “bad” cholesterol, from birth.



FH is the genetic disorder that **kills most individuals** in the world.<sup>1</sup>



Untreated individuals with FH have up to a **20 times** increased lifetime risk of early heart disease.<sup>2</sup>



**30 million** people worldwide are living with FH.



**~90% of people** with FH are undiagnosed.

## DIAGNOSE

If you have a family history of heart disease and very high cholesterol, it could be a family disorder.

**F + H = FH**



**Family history** of early heart disease



**High LDL cholesterol:** above **190 mg/dL\*** in adults and **160 mg/dL\*** in children

*\*Untreated*



**Familial Hypercholesterolemia**

## TREAT

**FH is manageable. Treatment to lower your LDL can lower your risk of heart disease.**



**Lifestyle Changes:** heart healthy diet and regular exercise may help



**Medications:** statins, cholesterol absorption inhibitors, PCSK9 inhibitors and bile acid sequestrants



**Apheresis:** therapy to remove LDL cholesterol from the blood

## SCREEN

**Since FH runs in families, family screening is critical.**

**50%**

If you have FH, each of your children has a **50% chance of inheriting FH.**



Compared with other genetic disorders found in children, **FH is by far the most common.**<sup>1</sup>

**TIER 1**

GENOMIC APPLICATION

The CDC classifies FH as a **Tier 1 Genomic Application**, recommending cascade family screening.<sup>3</sup>

IDENTIFY

Learn more. Visit [www.theFHfoundation.org](http://www.theFHfoundation.org) or call **1-844-434-6334**

<sup>1</sup> Nordestgaard, B. and Benn, M. (2017). Genetic testing for familial hypercholesterolemia is essential in individuals with high LDL cholesterol: who does it in the world?. *European Heart Journal*, 38(20), pp.1580-1583. ; <sup>2</sup> Knowles J, OB E, Greendale K, Wilemon K, et al. Reducing the burden of disease and death from familial hypercholesterolemia: A call to action. *Am Heart J*. 2014;168:807-811. ; <sup>3</sup> FH Genomics Application Toolkit. Centers for Disease Control and Prevention. 2014. [https://www.cdc.gov/genomics/implementation/toolkit/fh\\_1.htm](https://www.cdc.gov/genomics/implementation/toolkit/fh_1.htm).

