Familial Hypercholesterolemia (FH) is a genetic disorder that causes dangerously high levels of LDL, or “bad” cholesterol, from birth. 30 million people worldwide are living with FH. If you have a family history of heart disease and very high cholesterol, it could be a family disorder. FH is manageable. Treatment to lower your LDL can lower your risk of heart disease. FH is the genetic disorder that kills most individuals in the world. Untreated individuals with FH have up to a 20 times increased lifetime risk of early heart disease. 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 Since FH runs in families, family screening is critical. If you have FH, each of your children has a 50% chance of inheriting FH.

Learn more. Visit www.theFHfoundation.org or call 1-844-434-6334


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