



# Familial Hypercholesterolemia (FH)

## FH is Common



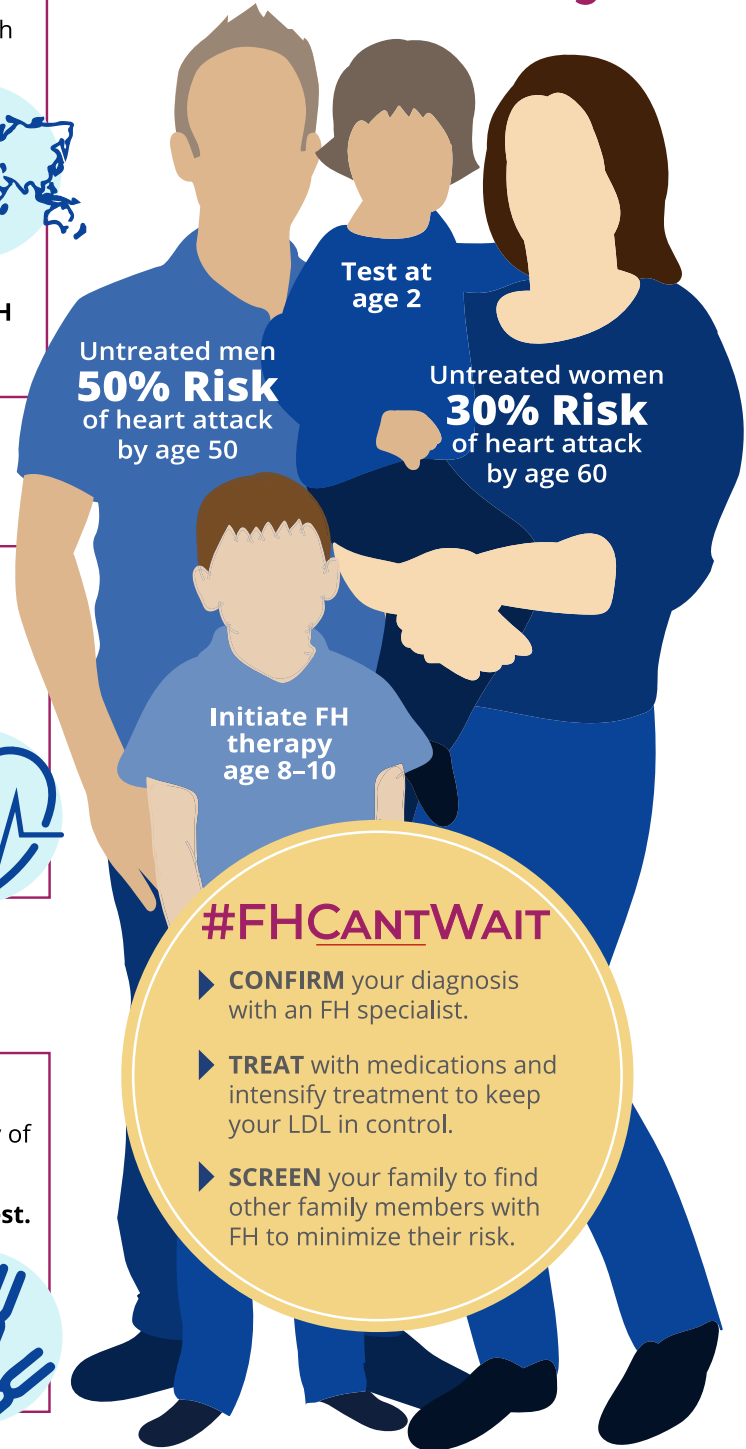
FH is a **genetic disorder** that causes dangerously high levels of **LDL ("bad") cholesterol** from birth, leading to early heart disease.

FH affects **1 in 250 people** or **30 million worldwide** of all races and ethnicities.



FH is highly underdiagnosed – **70% of people with FH don't know they have it.**

## FH Family



Untreated men  
**50% Risk**  
of heart attack  
by age 50

Test at  
age 2

Untreated women  
**30% Risk**  
of heart attack  
by age 60

Initiate FH  
therapy  
age 8-10

## #FHCANTWAIT

- ▶ **CONFIRM** your diagnosis with an FH specialist.
- ▶ **TREAT** with medications and intensify treatment to keep your LDL in control.
- ▶ **SCREEN** your family to find other family members with FH to minimize their risk.

## FH Causes Early Heart Disease



**~17,500** – the same number of people die from FH every year as from car accidents.

**~790,000 Americans** a year have a heart attack. untreated individuals with FH have up to a **20X increased risk** of a heart attack.



## FH is Important to Find



Consider screening for FH if you have a family history of high cholesterol and/or early heart disease.

**FH can be diagnosed clinically or with a genetic test.**

Genetic testing for FH should include **pre- and post-genetic counseling.**



Learn more and get support at [FamilyHeart.org](https://www.familyheart.org)