

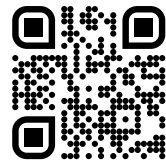
Lipoprotein(a) & Familial Hypercholesterolemia

Contact Care Navigation
844-434-6334

About the Family Heart Foundation

The mission of the Family Heart Foundation is to save generations of families from heart disease through timely identification and improved care of FH and high Lp(a).

Through research, advocacy, and education we play a critical role in driving change and empowering families to navigate their own health.



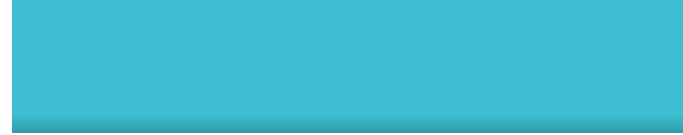
www.FamilyHeart.org

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/theFHFoundation /theFHFoundation

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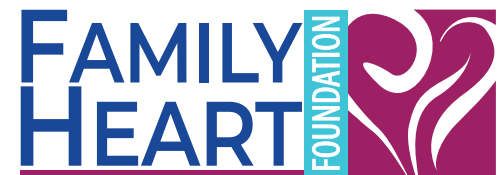
Actual family with FH



FAMILIAL HYPERCHOLESTEROLEMIA (FH)



Actual family with FH



Lipoprotein(a) & Familial Hypercholesterolemia

a common genetic disorder that causes early heart attack and stroke

FH FACTS



FH raises the risk for early heart attack or stroke.

FH affects more than **30** million people worldwide

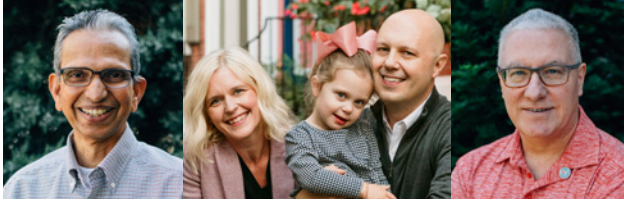
More than **7 of 10**



people with FH are undiagnosed.



FH is treatable.



HOW DO YOU KNOW YOU HAVE FH?

Do you have:

Family history of early heart disease and/or high cholesterol?

High LDL-cholesterol levels at a young age? (above 190 mg/dL in adults and above 160 mg/dL in children if untreated)

Ask your doctor if it could be FH.

Early diagnosis saves lives

FH can be diagnosed based on a simple blood test, known as a lipid panel, and a family history. FH may also be confirmed with a genetic test, although this is not necessary for diagnosis.

Actual individuals and family with FH



WHAT IS FAMILIAL HYPERCHOLESTEROLEMIA (FH)?

Familial hypercholesterolemia (FH) is a common, but underdiagnosed, **inherited genetic disorder** affecting approximately 1 in 250 people worldwide. Individuals with FH have a high amount of low density lipoprotein (LDL, or “bad”) cholesterol in their blood from birth. Individuals with FH are unable to remove (or metabolize) excess LDL cholesterol from their body so it builds up in the bloodstream.



Left untreated, elevated blood cholesterol can lead to blockages in the heart and blood vessels causing heart attacks, the need for coronary bypass surgery or stents, and even premature death.

FH can be diagnosed and treated in both adults and children.

MANAGING FAMILIAL HYPERCHOLESTEROLEMIA (FH)?

- FH is Treatable.** Early diagnosis and proactive treatment can significantly reduce the risk for heart disease in people with FH.
- Live a Heart Healthy Lifestyle.** Follow a heart healthy diet, exercise regularly, avoid smoking, and manage other risk factors such as high blood pressure.
- Get Treatment.** FH requires lifetime management to reduce the risk for early heart disease. Individuals with FH usually require statin medication to lower their LDL cholesterol. Often, combination therapy with additional medications is needed.
- Find the Right Healthcare Provider.** Talk to your healthcare provider about a treatment plan that works for you and consider seeing an FH specialist.

FH runs in families

Each child of a person with FH has a 50% chance of inheriting the disorder so it is essential to screen parents, siblings, and children of a person diagnosed with FH to find others who may have inherited the gene.



Encourage your family members to be screened for FH.

We're here for you!

The Family Heart Foundation Care Navigation Center can help you navigate your care.

www.familyheart.org/care



“I finally found help after 50 years - an organization that talks to me about me and my FH. I have soldiers in my corner now.”

— Patricia Y.,
Family Heart Ambassador

Actual individual with FH