“I’m an illusion. I look young and vibrant, full of life. But, on the inside I have old arteries, an overworked heart, and the longing to LIVE life. I’m the face of someone who refuses to accept other people’s ideas for my future. I am the face of FH.”

— Natalia H.
Family Heart Ambassador

Actual individual with HoFH

FAMILY HEART FOUNDATION
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

Family Heart Foundation
Office: 844.434.6334
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/theFHFoundation /theFHFoundation

Family Heart Foundation is a 501(c)(3) public charity.

HOMOZYGOUS

FAMILIAL HYPERCHOLESTEROLEMIA (HoFH)

Actual family with HoFH

FAMILY HEART FOUNDATION
Lipoprotein(a) & Familial Hypercholesterolemia

a more severe and rare form of familial hypercholesterolemia

HoFH FACTS

HoFH is a more severe and rare form of FH, and affects
1 in 300,000
people worldwide

HoFH is a Family Disorder
A person who has HoFH has inherited two FH genes, one from each parent.

Severe Heart Health Risks
If left untreated, HoFH can cause heart events or sudden death as early as childhood.

HoFH can be treated.
Effective treatments available for HoFH. A combination of treatments is usually required.

Actual family with HoFH

WHAT

IS HOMOZYGOUS FAMILIAL HYPERCHOLESTEROLEMIA, (HoFH)?

HoFH (or Homozygous familial Hypercholesterolemia) is an inherited disorder. HoFH severely or completely disrupts the body's ability to clear LDL-cholesterol from the blood. This leads to atherosclerosis (narrowing and blocking of blood vessels), early coronary artery disease and valvular heart disease. If left untreated, HoFH often causes heart attacks or sudden death as early as childhood and young adulthood.

HoFH is the most severe and least common form of a disease known as FH (Familial Hypercholesterolemia). It occurs when the FH gene is inherited from both parents.

70% of individuals with FH are not properly diagnosed. Therefore, they may not know if they have passed it on to their children.

HOW

DO YOU KNOW YOU HAVE HOFH?

Do you have:

- Abnormally high LDL-cholesterol levels from an early age (usually above 400 mg/dL if cholesterol is untreated
- Family history of early heart disease and heart attacks
- Bumps or lumps on the skin around the knuckles, elbows and knees (xanthomas). These may be noticed by a dermatologist.
- Swollen or painful Achilles tendons (tendon xanthomas).
- Yellowish areas around the eyes (xanthelasmas) or a white arc near the colored part of the eye (corneal arcus). These may be noticed by an ophthalmologist.

Ask your doctor if it could be HoFH

Actual individuals and families with HoFH

MANAGING

HOMOZYGOUS FAMILIAL HYPERCHOLESTEROLEMIA (HoFH)?

It's important to remember that HoFH is a serious medical condition and is life-threatening. HoFH leads to progressive and early heart disease. That's why, if you or your child are diagnosed with HoFH, one of the first steps to take as soon as possible is to consult a lipid specialist (an expert in lipid/cholesterol disorders).

If a couple knows they both FH, they should have their pediatrician and lipid specialist check their children's LDL cholesterol by 6 months of age. Prenatal diagnosis is also possible.

Medications
Several medications are proved to lower LDL-C in HoFH individuals.

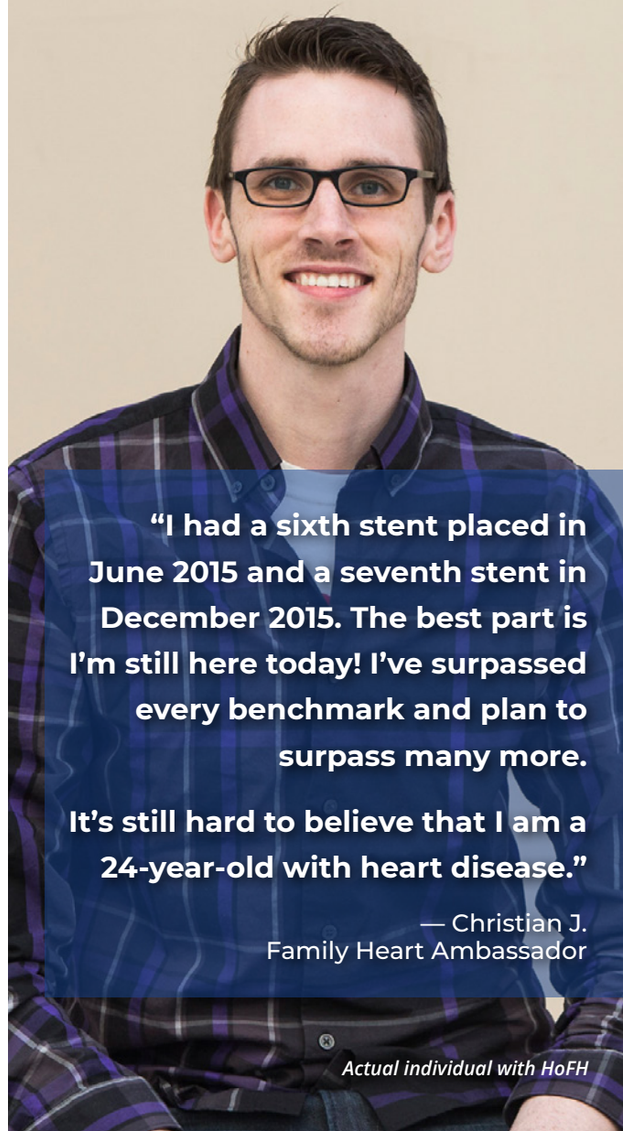
Lipoprotein Apheresis
This process removes LDL from the blood.

HoFH is so serious that lifestyle changes, though important, are never enough. A proper combination of medications and apheresis is usually required. A last resort, liver transplantation may be recommended. Be sure to speak with your doctor about which treatment is right for you.

We're here for you!

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

www.familyheart.org/care



"I had a sixth stent placed in June 2015 and a seventh stent in December 2015. The best part is I'm still here today! I've surpassed every benchmark and plan to surpass many more.

It's still hard to believe that I am a 24-year-old with heart disease."

— Christian J.
Family Heart Ambassador

Actual individual with HoFH