

Do you #KnowFH?

Familial Hypercholesterolemia (FH)

What is FH?



FH is a **genetic disorder** that causes dangerously **high levels of LDL**, or "bad" cholesterol, from birth.



FH is a common **genetic disorder** that can be **deadly**.¹



~70% of people with FH are undiagnosed.



30 million people worldwide are living with FH.

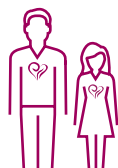


Untreated individuals with FH have up to a **20 times** increased lifetime risk of early heart disease.²

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.



Medications: Cholesterol lowering medications**



Lifestyle Changes: heart healthy diet and regular exercise may help

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**.



Children from families with FH should be **screened at the age of 2**.



Learn more. Visit www.FamilyHeart.org

¹ Nordestgaard, B. and Benn, M. (2017). Genetic testing for familial hypercholesterolaemia is essential in individuals with high LDL cholesterol: who does it in the world?. *European Heart Journal*, 38(20), pp.1580-1583. ; ² 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. ; ³ FH Genomics Application Toolkit. Centers for Disease Control and Prevention. 2014. https://www.cdc.gov/genomics/implementation/toolkit/fh_1.htm.

