

What is **FAMILIAL HYPERCHOLESTEROLEMIA (FH)**?

► It is an **INHERITED CONDITION**. People with FH are **BORN WITH DANGEROUSLY HIGH LEVELS OF LDL**, or the “bad” cholesterol.

EARLY CARDIAC EVENTS



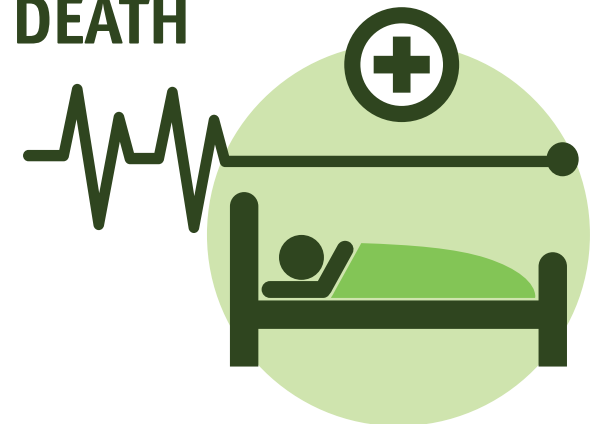
Untreated men with FH have a **50% CHANCE OF HAVING A CARDIAC EVENT** by age 50

Untreated women have a **30% CHANCE BY AGE 60**

HIGHER RISK OF HEART ATTACK & STROKE

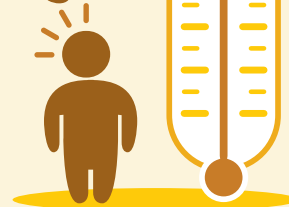


EARLY DEATH



KNOW THE SIGNS

Very high LDL cholesterol level at a young age



>160 mg/dL in kids
>190 mg/dL in adults

LDL cholesterol

Nodules or raised bumps on the skin, tendons, eyelids



White ring around the cornea in the eye



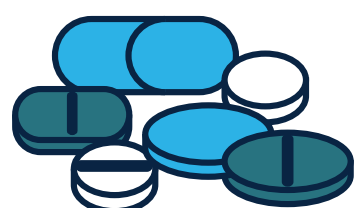
Initial treatment with medications fails to reach goal LDL cholesterol level



How to **TREAT** it

► **COMBINATION THERAPY** is often needed:

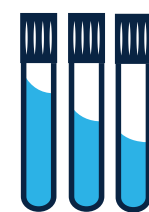
• Medications



• **Diet, exercise and lifestyle changes**



• **Therapy** to remove LDL cholesterol from the blood



• **Ongoing monitoring**



► **FH RUNS IN FAMILIES**

If a parent has FH...



...there's a **50% CHANCE** that a child will have it.

Consider earlier screening for those whose parents have FH.



Visit [CardioSmart.org/FH](https://www.cardiosmart.org/FH) to learn more.

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