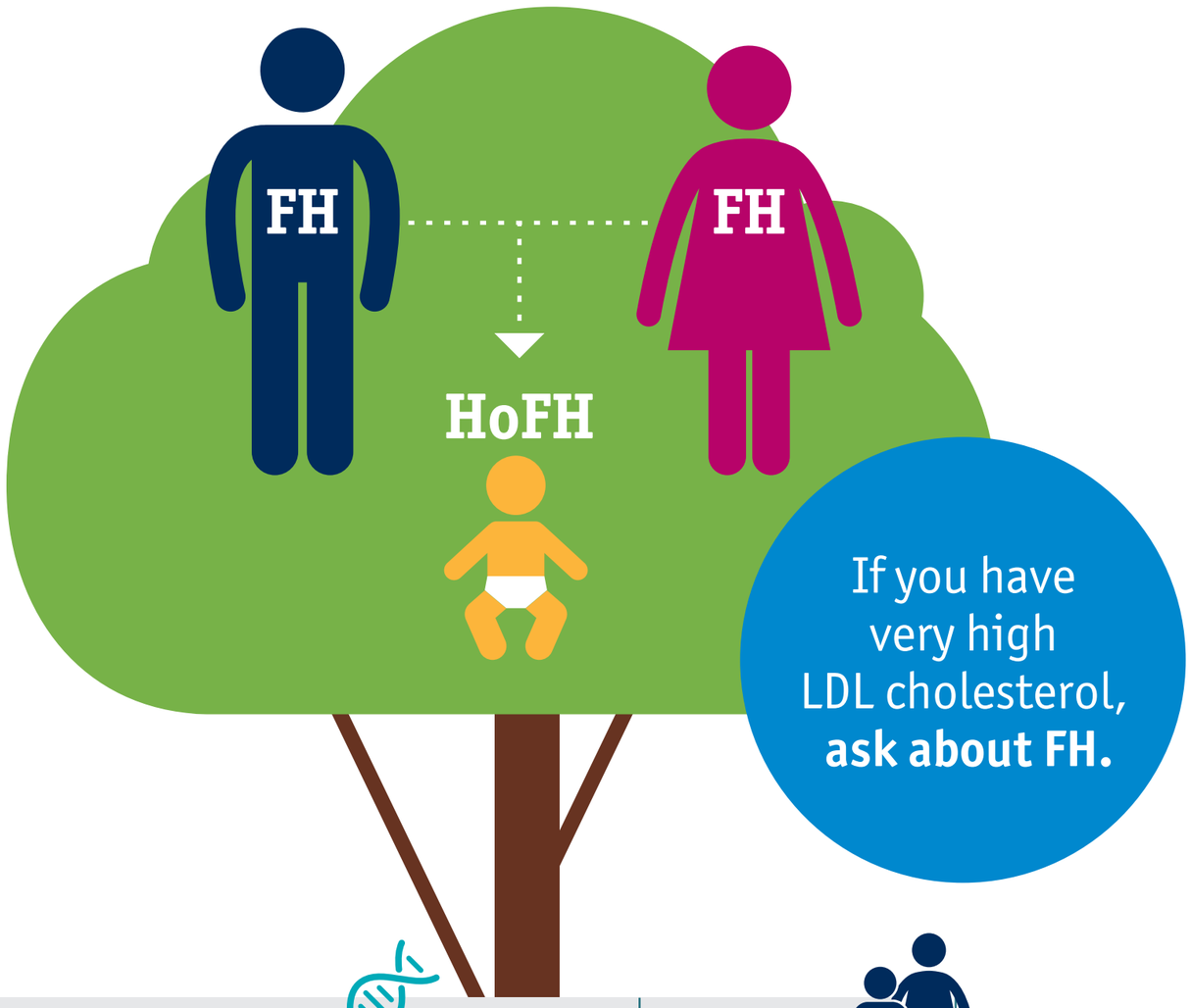
FAMILIAL HYPERCHOLESTEROLEMIA

CardioSmart®
American College *of* Cardiology

Homozygous familial hypercholesterolemia (HoFH) is a rare form of familial hypercholesterolemia (FH).

FH is passed down in families. It causes dangerously high levels of low-density lipoprotein (LDL) cholesterol – the "bad" cholesterol. Finding and treating HoFH early is essential.



HOW HoFH DIFFERS

There are two types of FH:

	Typical LDL cholesterol levels	You are born with	Affects
Heterozygous FH (HeFH)	Over 190 mg/dL	1 FH gene from a parent	1 in 250
HoFH	Over 400 mg/dL – 4x normal levels	2 FH genes – one from each parent	1 in 250,000

Untreated HoFH can lead to

- Heart disease at a very young age – even in childhood
- Heart attacks or strokes
- Early death, often before age 30

HOW IT'S DIAGNOSED

Blood tests to check cholesterol levels

Physical exam
- Nodules or raised bumps on skin
- White ring around cornea in the eye

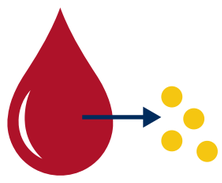
Family history Family member with heart disease at a young age

Genetic testing for some

TREATING HoHF

Medications

Therapy to remove LDL cholesterol from the blood



Ongoing monitoring

Healthy lifestyle

Screening, testing **family members**

Visit *CardioSmart.org/FH* to learn more.

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