FAMILIAL HYPERCHOLESTEROLEMIA

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

VERY HIGH LDL CHOLESTEROL LEVEL at a young age:

>160 ml/dL in adults

>190 ml/dL in kids

NODULES OR RAISED BUMPS on the skin, tendons, eyelids

Initial treatment with medications to lower cholesterol FAILS TO REACH GOAL LDL LEVEL

WHITE RING AROUND THE CORNEA in the eye

HOW TO TREAT IT

COMBINATION THERAPY is often needed:

- MEDICATIONS (statins, bile acid sequestrants, cholesterol absorption inhibitors, PCSK9 inhibitors)
- Therapy to remove LDL from the bloodstream
- DIET, EXERCISE and LIFESTYLE CHANGES
- 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 children whose parents have FH.

For more information, visit CardioSmart.org/FH

@CardioSmart Facebook.com/CardioSmart

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters

CardioSmart is sponsored in part by Amgen Inc.