

DO YOU
#KnowFH?



Familial Hypercholesterolemia (FH)

What is FH?



Familial Hypercholesterolemia (FH) is a **genetic disorder** that causes dangerously **high levels of LDL**, or “bad” cholesterol, from birth.



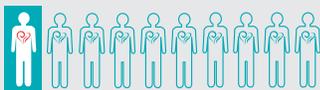
FH is the genetic disorder that **kills most individuals** in the world.¹



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



30 million people worldwide are living with FH.



~90% of people with FH are undiagnosed.

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.



Lifestyle Changes: heart healthy diet and regular exercise may help



Medications: statins, cholesterol absorption inhibitors, PCSK9 inhibitors and bile acid sequestrants



Apheresis: therapy to remove LDL cholesterol from the blood

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.**



Compared with other genetic disorders found in children, **FH is by far the most common.**¹

TIER 1

GENOMIC APPLICATION

The CDC classifies FH as a **Tier 1 Genomic Application**, recommending cascade family screening.³

IDENTIFY

Learn more. Visit www.theFHfoundation.org or call **1-844-434-6334**

¹ Nordestgaard, B. and Benn, M. (2017). Genetic testing for familial hypercholesterolemia 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.

