Learn how YOU can be a part of FH research for you and your family
CASCADE FH® is a National Registry for those living with Familial Hypercholesterolemia.

Familial hypercholesterolemia (FH) is one of the most common life-threatening family disorders. Individuals with FH remain vastly under-diagnosed and under-treated and are at an increased risk for heart disease and heart attacks at a very young age. However, FH is manageable with proactive treatment.

Join the CASCADE FH Registry today.

THE CASCADE FH Registry AIMS TO:

- **Empower you** as an individual with FH and your affected family
- **Promote understanding** of FH in the medical community and public domain
- **Examine gaps** in care for those living with FH
- **Improve adherence** to guideline-recommended treatments for FH

“**You can’t change your family history, but you can change your family’s future.**”
– Katherine Wilemon, Founder of the FH Foundation

PUT YOUR HEART HEALTH IN YOUR HANDS:

- **Track** your heart health, medications, and more.
- **View** reports about how your cholesterol levels and therapies change over time.
- **Contribute** to ongoing research to better manage FH.
- **Learn** from your information. You will have the tools to compare your FH health with others in the registry.

IF LEFT UNTREATED

1 out of 2 men with FH

BY AGE 50

1 out of 3 women with FH

BY AGE 60

WILL HAVE A HEART ATTACK
I joined the CASCADE FH Registry so that those in the future who inherit FH will have a better opportunity to live a long and healthy life.

— Marilyn V.

PUT YOUR HEART HEALTH IN YOUR HANDS:

1. Go to: theFHfoundation.org/registry/
2. Click Sign Up.
3. Answer 3 simple questions to see if you are eligible.
4. Provide your e-mail address when prompted and follow the link in your inbox.
5. Give us permission to use your data for FH research.
6. Update your information as often as you would like.

6-MONTH FOLLOW-UP
Every 6 months you will receive an email asking you to complete a follow-up questionnaire.

CREATE YOUR FH FAMILY TREE
When you join, you will have access to an interactive family tree that you can share with your family.

WHAT WE HOPE TO ACHIEVE TOGETHER
- Improve the quality of FH care for today and future generations
- Advance the scientific understanding of FH
- Increase the rate of FH diagnosis

YOUR PRIVACY IS IMPORTANT TO US
The goal of the CASCADE FH Registry is to collect information on individuals with FH. The information is stored in a highly secure portal located on the FH Foundation website.

Your information will be shared with our research partners in a de-identified manner. Your name and contact information will never be provided to any other person, group or organization without your expressed prior permission.
ABOUT THE FH FOUNDATION

We are a patient-centered nonprofit organization dedicated to research, advocacy, and education of all forms of familial hypercholesterolemia (FH).

Our mission is to raise awareness and save lives by increasing the rate of early diagnosis and encouraging proactive treatment.

The FH Foundation is a 501(c)(3) public charity.

www.theFHfoundation.org

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