Familial Hypercholesterolemia (FH)

A common genetic disorder that causes early heart disease
WHAT IS FAMILIAL HYPERCHOLESTEROLEMIA?

Familial hypercholesterolemia (FH) is a common inherited condition that results in high LDL-cholesterol, or “bad cholesterol,” from birth.

There are two main types of FH:

- **Heterozygous FH (HeFH)** – This is the most common form of FH. A child has a 50% chance of having HeFH if one of his or her parents has HeFH.
- **Homozygous FH (HoFH)** – The most severe form of FH, homozygous FH (HoFH) causes extremely high LDL-cholesterol resulting in aggressive heart disease at a very young age.

HOW DO YOU KNOW IF YOU HAVE FH?

**Do you have:**

- Family history of early heart disease and/or heart attacks?
- High LDL-cholesterol levels at a young age? (above 190 mg/dL in adults and above 160 mg/dL in children if untreated)

F + H = FH

**Family history of early cardiac events + High cholesterol**

= **Familial hypercholesterolemia**

[www.theFHfoundation.org](http://www.theFHfoundation.org)
Although FH is a common disorder, many individuals with FH show no visible symptoms and remain undiagnosed. FH is a life-threatening disorder if left untreated. Effective therapies are available. Through early diagnosis and regular treatment, individuals with FH can live longer, healthier lives.

**EARLY DIAGNOSIS SAVES LIVES**

**HOW CAN THE FH FOUNDATION HELP YOU?**

- **Find an FH Specialist**
  Use our FH Specialist map to find your FH medical team.

- **Join the CASCADE FH® Registry**
  This registry is a platform for collecting important information that will improve the scientific understanding of FH and help families lead longer and healthier lives.

  - **LEARN**
    Become an active participant in your own health care.

  - **SHARE**
    Accelerate scientific understanding of FH.

  - **CHANGE**
    Improve FH diagnosis, treatment, and care.

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*You can’t change your History, but you can change your Future.*

Actual family with FH
**FH FACTS**

- Over 90% of people with FH have not been properly diagnosed.¹
- FH runs in families. If one parent has FH, each child has a 50% chance of having FH.²
- Approximately 1 in 250 people in the world have FH.³
- An estimated 1.3 million people in the US have FH.
- If left untreated, men have a 50% risk of having a heart attack by age 50. Untreated women have a 30% risk by age 60.⁴

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¹ Nordestgaard B G er al. Eur Heart J 2013;34:3478–3490
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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