Familial Hypercholesterolemia
What to Expect: Treatment

Goal of Treatment

The goal of FH treatment is to lower Low-Density Lipoprotein Cholesterol (LDL-C). This will reduce the risk of heart disease including heart attack, bypass surgery or stents, stroke and premature death.

- < 100 mg/dL for people who do not have cardiovascular disease
- < 70 mg/dL for people who already have cardiovascular disease

For every 40 mg/dL reduction of LDL-C, cardiovascular disease risk is reduced by 21%.

A combination of treatments might be needed to adequately lower LDL-C. Work with your healthcare team to find the right treatment plan for you.

FH Treatments

Diet and Exercise
A heart healthy diet, low in saturated fat, is key to FH management. If you have FH, simply changing your diet is usually not enough to lower your LDL-C adequately. Medication is needed.

Statins
First line treatment for cholesterol lowering. Statins decrease production of cholesterol in the liver and increase the function of LDL receptors that remove LDL-C from the bloodstream.

Ezetimibe
Ezetimibe works in the small intestine by decreasing cholesterol absorption and increasing the function of LDL receptors that remove LDL-C from the bloodstream.

PCSK9 Inhibitors
PCSK9 inhibitors help improve the function of LDL receptors that remove LDL-C from the bloodstream by inactivating PCSK9, a protein that destroys LDL receptors.

Additional Treatments include: Bile Acid Sequestrants, Lipoprotein Apheresis, or Lomitapide (HoFH only).

Information provided for educational purposes only. Please consult your healthcare provider regarding your specific health needs.