

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.

LDL-C 10-15%

LDL-C 35-55%

LDL-C 18-25%

LDL-C 40-65%

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.



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