FH is the most common genetic disorder that causes early heart disease.

**FAMILIAL HYPERCHOLESTEROLEMIA (FH)**

An estimated 1 in 250 Americans (approx. 1.3 million) have FH. FH is a life-threatening genetic disorder. Lifetime exposure of high LDL cholesterol leads to aggressive atherosclerosis and early heart disease.

Untreated individuals with FH have a 20X increased risk of a heart attack.

Every year ~790,000 Americans have a heart attack.

FH is treatable.

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**FH FACTS**

- By Age 50
  - % UNDIAGNOSED: 190
  - 50% RISK

- By Age 60
  - % UNDIAGNOSED: 190
  - 50% RISK

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**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 non-profit organization that relies on public support to fulfill this mission.

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“FH truly affects the entire family. Setting an example by being proactive and managing my own FH is the best gift I can give my own family.”

- Anna R.
  - Mother of four FH Advocate for Awareness
Familial hypercholesterolemia (FH) is a common, but underdiagnosed, inherited genetic disorder affecting approximately 1 in 250 people worldwide. Individuals with FH have a high amount of low density lipoprotein (LDL, or “bad”) cholesterol in their blood from birth. Individuals with FH are unable to remove (or metabolize) excess LDL cholesterol from their body so it builds up in the bloodstream. Left untreated, elevated blood cholesterol can lead to blockages in the heart and blood vessels causing heart attacks, the need for coronary bypass surgery or stents, and even premature death.

FH can be diagnosed and treated in both adults and children.

HOW DO YOU KNOW YOU HAVE FH?

Do you have:

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

Ask your doctor if it could be FH.

Early diagnosis saves lives

FH can be diagnosed based on a simple blood test, known as a lipid panel, and a family history. FH may also be confirmed with a genetic test, although this is not necessary for diagnosis.

MANAGING FAMILIAL HYPERCHOLESTEROLEMIA (FH)?

FH is treatable. Early diagnosis and proactive treatment can significantly reduce the risk for heart disease in people with FH.

- Live a Heart Healthy Lifestyle - follow a heart healthy diet, exercise regularly, avoid smoking, and manage other risk factors such as high blood pressure.

- Get Treatment - FH requires lifetime management to reduce the risk for early heart disease. Individuals with FH usually require statin medication to lower their LDL cholesterol. Often, combination therapy with additional medications is needed.

- Find the Right Healthcare Provider - Talk to your healthcare provider about a treatment plan that works for you and consider seeing an FH specialist.

FH runs in families

Each child of a person with FH has a 50% chance of inheriting the disorder so it is essential to screen parents, siblings and children of a person diagnosed with FH to find others who may have inherited the gene.

Encourage your family members to be screened for FH.