

DO YOU
#KnowFH?



Familial Hypercholesterolemia (FH)

What is FH?



Familial Hypercholesterolemia (FH) is a **genetic disorder** that causes dangerously **high levels of LDL**, or "bad" cholesterol, from birth.



FH is the genetic disorder that **kills most individuals** in the world.¹



Untreated individuals with FH have up to a **20 times** increased lifetime risk of early heart disease.²



30 million people worldwide are living with FH.



~90% of people with FH are undiagnosed.

DIAGNOSE

If you have a family history of heart disease and very high cholesterol, it could be a family disorder.

F + H = FH



Family history of early heart disease



High LDL cholesterol: above **190 mg/dL*** in adults and **160 mg/dL*** in children

**Untreated*



Familial Hypercholesterolemia

TREAT

FH is manageable. Treatment to lower your LDL can lower your risk of heart disease.



Medications: statins, cholesterol absorption inhibitors, PCSK9 inhibitors and bile acid sequestrants



Apheresis: therapy to remove LDL cholesterol from the blood



Lifestyle Changes: heart healthy diet and regular exercise may help

SCREEN

Since FH runs in families, family screening is critical.

50%

If you have FH, each of your children has a **50% chance of inheriting FH.**



Compared with other genetic disorders found in children, **FH is by far the most common.**¹

TIER 1

GENOMIC APPLICATION

The CDC classifies FH as a **Tier 1 Genomic Application**, recommending cascade family screening.³

IDENTIFY

Learn more. Visit www.theFHfoundation.org or call 1-844-434-6334

¹ Nordestgaard, B. and Benn, M. (2017). Genetic testing for familial hypercholesterolaemia is essential in individuals with high LDL cholesterol: who does it in the world?. *European Heart Journal*, 38(20), pp.1580-1583. ; ² Knowles J, OB E, Greendale K, Wilemon K, et al. Reducing the burden of disease and death from familial hypercholesterolemia: A call to action. *Am Heart J*. 2014;168:807-811. ; ³ FH Genomics Application Toolkit. Centers for Disease Control and Prevention. 2014. https://www.cdc.gov/genomics/implementation/toolkit/fh_1.htm.





FH FOUNDATION RESOURCES

Connect with the FH Community

The FH Foundation Website

www.theFHfoundation.org

Visit the FH Foundation website to discover what the FH Foundation is doing to raise awareness of familial hypercholesterolemia (FH) and saves lives. Here, you will also be able to learn about FH, read FH family stories, watch webinars about treatment options and genetics, and find out what you can do to help!

Newsletters and Updates

www.theFHfoundation.org

Sign up with the FH Foundation to receive monthly news, education and support!

Clinical Trial Alerts

www.theFHfoundation.org/fh-research/clinical-trials

Sign up for routine emails to learn about ongoing clinical trial opportunities or search on your own.

FH Foundation Facebook Page

www.facebook.com/theFHfoundation

Like this public Facebook page to keep up to date with news about the latest developments in FH and FH Foundation activities.

FH Foundation Facebook Discussion Group

www.theFHfoundation.org/get-involved/support-groups

Join the discussion and connect with others who have FH in these private Facebook discussion groups.

* We want to hear from you!

Your story is our story. Email us to share your story with others, ask for help, share an idea, or find out how you can help raise awareness of FH in your community: info@theFHfoundation.org



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