HoFH RUNS IN *FAMILIES*

Think about your own family history.
Are early heart attacks, early heart disease, or very high cholesterol common in your family? If so, speak with a cardiologist, lipid specialist or genetic counselor to investigate whether you may have FH or HoFH in your family.

Early diagnosis saves lives.
We are here for you!

Raising Awareness. Saving Lives.

FH FOUNDATION
Raising Awareness. Saving Lives.

Contact Us Toll-Free: 844-434-6334

ABOUT THE FH FOUNDATION®

The FH Foundation is 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.

www.theFHfoundation.org

The FH Foundation
Office: 844-434-6334
Email: info@theFHfoundation.org

/theFHfoundation /theFHfoundation

Homozygous Familial Hypercholesterolemia (HoFH)

Actual family with FH

FH FOUNDATION
Raising Awareness. Saving Lives.

www.theFHfoundation.org

What is HoFH?

HoFH (or Homozygous Familial Hypercholesterolemia) is an inherited disorder. HoFH severely or completely disrupts the body's ability to clear LDL-cholesterol from the blood. This leads to atherosclerosis (narrowing and blocking of blood vessels), early coronary artery disease and valvular heart disease. If left untreated, HoFH often causes heart attacks or sudden death as early as childhood and young adulthood.

HoFH is the most severe and least common form of a disease known as FH (Familial Hypercholesterolemia). It occurs when the FH gene is inherited from both parents.

90% of individuals with FH are not properly diagnosed. Therefore, they may not know if they have passed it on to their children.

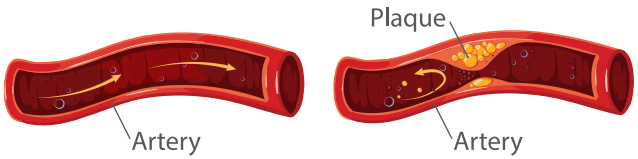
Signs and Symptoms of FH

- Abnormally high LDL-cholesterol levels from an early age (usually above 500 mg/dL if cholesterol is untreated).
- Family history of early heart disease and heart attacks.
- Bumps or lumps on the skin around the knuckles, elbows and knees (xanthomas). These may be noticed by a dermatologist.
- Swollen or painful Achilles tendons (tendon xanthomas).
- Yellowish areas around the eyes (xanthelasmas) or a white arc near the colored part of the eye (corneal arcus). These may be noticed by an ophthalmologist.

Remember that not everyone with HoFH has the same signs and symptoms. If you recognize any of the above signs, please consult your health care provider.

Actual individual with HoFH

If left untreated, arteries become blocked with cholesterol plaque.



Early diagnosis and treatment saves lives.

LEARN ABOUT FH
www.theFHfoundation.org

How Do You Treat HoFH?

It's important to remember that HoFH is a serious medical condition and is life-threatening. HoFH leads to progressive and early heart disease. That's why, if you or your child are diagnosed with HoFH, one of the first steps to take – as soon as possible – is to consult a lipid specialist (an expert in lipid/cholesterol disorders).

If a couple knows they both have FH, they should have their pediatrician and lipid specialist check their children's LDL cholesterol by 6 months of age. Prenatal diagnosis is also possible.

"It is not easy being diagnosed with FH, but this is a time of great hope. Many people with HoFH can lead happy, healthy lives with treatment."

- Samir Elias
FH Foundation Advocate & HoFH patient

Medications

Several medications are proven to lower LDL-C in HoFH individuals.

Lipoprotein Apheresis

This proccess removes LDL from the blood.

HoFH is so serious that lifestyle changes, though important, are never enough. A proper combination of medications and apheresis is usually required. A last resort, liver transplantation may be recommended. Be sure to speak with your doctor about which treatment is right for you.