**Familial Hypercholesterolaemia (FH)**

**What is FH?**

Familial Hypercholesterolaemia (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

**20X**

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.

**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 4.9 mmol/L* in adults and 4.1 mmol/L* in children
  - *Untreated
- **Familial Hypercholesterolaemia**

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

- **Lifestyle Changes:** heart healthy diet and regular exercise may help
- **Medications:** statins, cholesterol absorption inhibitors, PCSK9 inhibitors and bile acid sequestrants
- **Apheresis:** therapy to remove LDL cholesterol from the blood

**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.³

Learn more. Visit [www.theFHFfoundatioin.org](http://www.theFHFfoundatioin.org).


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