

# Do I have FH?

**Yes**

**I don't know**

What Now?

What is FH?

**Lifestyle Changes**

**Find a Lipid Specialist**

**Get Your Family Tested**

Like What?

How?

How?

**Checkout FH Lifestyle Tips**

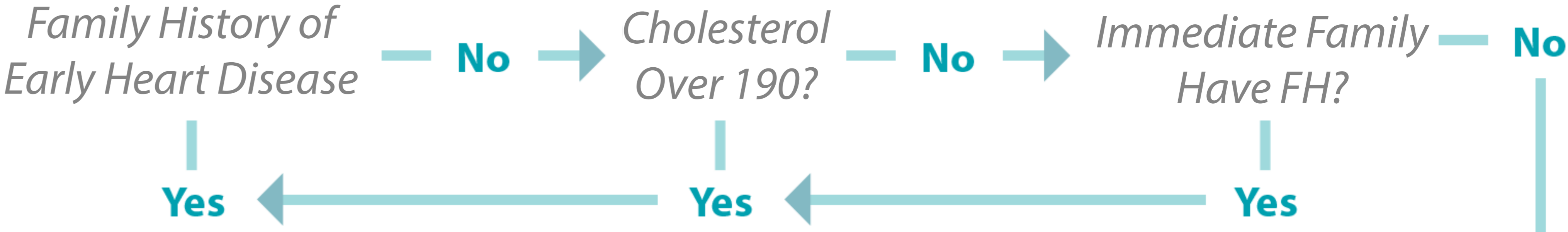
**Search the FH Specialist Network**

**Fill Out a Family Tree & Get Tested**

**Get involved**

- The FH Foundation Community
- The CASCADE FH™ Registry - be part of the solution
- Read stories & share your own

**Familial Hypercholesterolemia**  
fə-ˈmil-yəl hī-pər-kə-ˌles-tə-rə-ˈlē-mē-ə  
**F + H = FH**  
Family History + High Cholesterol



**Find Out More**

**1 in 250 people have FH**  
FH is under-diagnosed and under-treated, however, it is manageable.