

Could it be FH?

Recognizing Familial Hypercholesterolemia



PREVALENCE & ETIOLOGY

- Estimated prevalence is **higher** than previously thought
 - HeFH: **1 in 200-300** adults²
 - HoFH: **1 in 160,000-300,000** adults¹
- Causes extremely high levels of **LDL-C from birth**
- If left untreated, risk of **early CAD** is **10-20x** higher^{4,5}

Only **15%** of Americans with FH have received a formal diagnosis.³

TESTING & DIAGNOSIS

Diagnostic Criteria^{3,6}

HeFH

- **LDL-C ≥ 160** mg/dL (children);
OR
LDL-C ≥ 190 mg/dL (adults)
&
- Premature ASCVD or similarly elevated LDL-C in a first degree relative

HoFH

- **LDL-C ≥ 560** mg/dL
- **LDL-C ≥ 400** mg/dL &
 - parent(s) diagnosed with FH
- OR**
- positive genetic test
- OR**
- **aortic valve disease or xanthomata** at age <20

KEY INDICATORS

- **Family history** of FH or premature ASCVD
- Clinical exam findings of **xanthoma or premature corneal arcus**



When FH is diagnosed - Cascade screen for 1st degree relatives (and 2nd and 3rd degree relatives as needed).

BE A PART OF THE SOLUTION



Follow guidelines for universal screening in children ages **9-11** and starting at **age 2** for those with increased FH risk.³

Ensure early recognition and treatment of FH, which is critical to prevent **premature ASCVD** and death.

Refer to a specialist if patient's LDL-C is very high (eg., **LDL-C ≥ 190** mg/dL) or if you suspect FH.

Abbreviations:

- ASCVD: Atherosclerotic cardiovascular disease
- CAD: Coronary artery disease
- HoFH: Homozygous familial hypercholesterolemia
- HeFH: Heterozygous familial hypercholesterolemia
- FH: Familial hypercholesterolemia
- LDL-C: Low-density lipoprotein cholesterol

References:

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