

## What is **FAMILIAL HYPERCHOLESTEROLEMIA (FH)**?

► It is an **INHERITED CONDITION**. People with FH are **BORN WITH DANGEROUSLY HIGH LEVELS OF LDL**, or the “bad” cholesterol.

### EARLY CARDIAC EVENTS



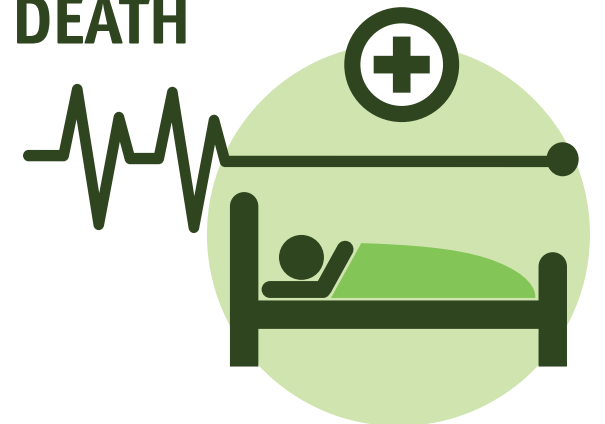
Untreated men with FH have a **50% CHANCE OF HAVING A CARDIAC EVENT** by age 50

Untreated women have a **30% CHANCE BY AGE 60**

### HIGHER RISK OF HEART ATTACK & STROKE

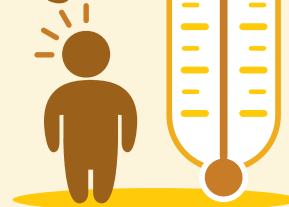


### EARLY DEATH



## KNOW THE SIGNS

Very high LDL cholesterol level at a young age



>160 mg/dL in kids  
>190 mg/dL in adults

LDL cholesterol

**Nodules or raised bumps** on the skin, tendons, eyelids



White ring around the cornea in the eye



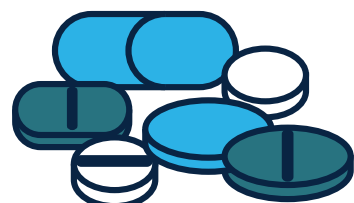
Initial treatment with medications fails to reach goal LDL cholesterol level



## How to **TREAT** it

► **COMBINATION THERAPY** is often needed:

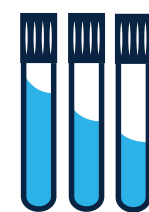
### • Medications



• **Diet, exercise and lifestyle changes**



• **Therapy** to remove LDL cholesterol from the blood

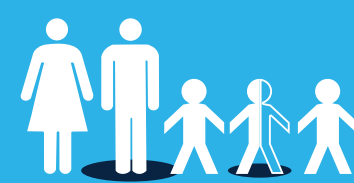


• **Ongoing monitoring**



### ► FH RUNS IN FAMILIES

If a parent has FH...



...there's a **50% CHANCE** that a child will have it.

Consider earlier screening for those whose parents have FH.



Visit [CardioSmart.org/FH](https://www.cardiosmart.org/FH) to learn more.

@ACCinTouch #CardioSmart



