Familial Hypercholesterolaemia

△ inherited (runs in families) △ high △ cholesterol △ in your blood

Familial Hypercholesterolaemia (FH) is an inherited condition that causes high levels of 'bad' (LDL) cholesterol starting at birth.

FH is not caused by an unhealthy lifestyle. FH is caused by a 'faulty' gene which is passed from parent to child. This 'faulty' gene stops 'bad' cholesterol from being removed from the blood.

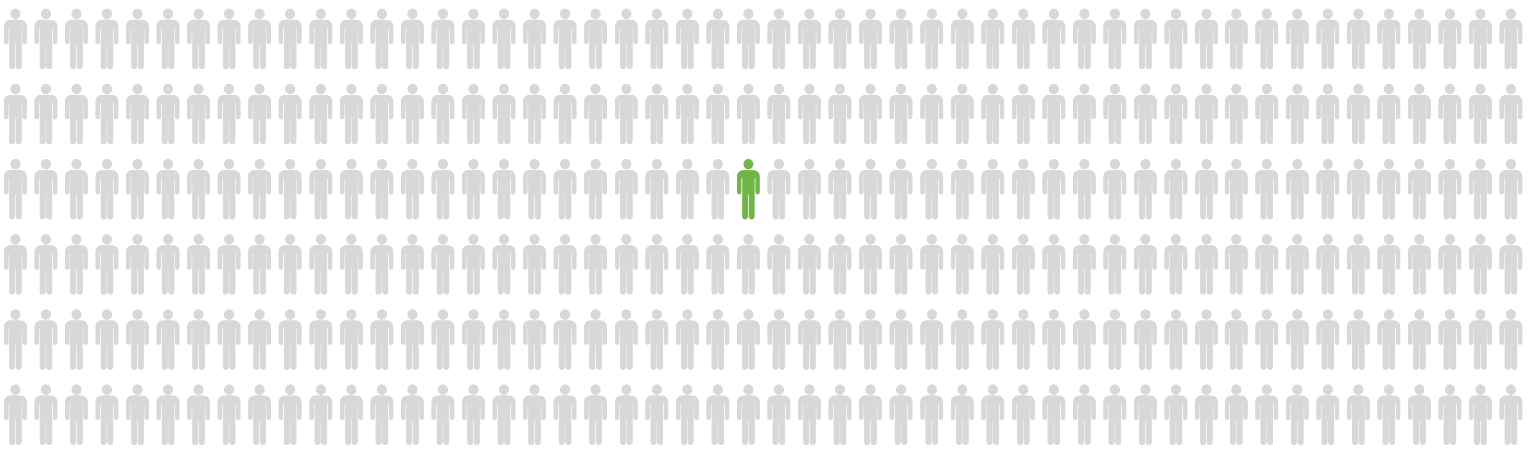
Over time 'bad' cholesterol can build-up in the arteries causing blockages. Blockages in the arteries of the heart (heart disease) cause heart attacks.

People with undiagnosed and untreated FH are at 20 times greater risk of having a heart attack.

20x

People with undiagnosed and untreated FH can have heart attacks and even die at a young age, as early as their 20s.

Early diagnosis and early treatment to lower the 'bad' cholesterol will stop its build-up in the arteries and help ensure a normal life expectancy.



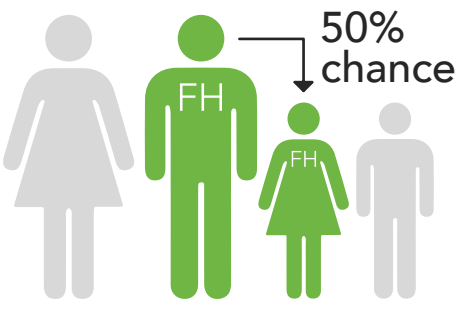
In Australia FH affects 1 in 300 people

90%

adults remain undiagnosed

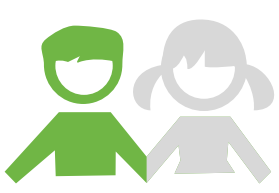
98%

children remain undiagnosed



FH runs in families.
All close family members (parents, siblings and children) of a person with FH should have their cholesterol tested.
They have a 50% (1 in 2) chance of also having FH.

Children with an FH parent should be tested around the age of 10.



FH will be suspected if a person has:

- high 'bad' cholesterol
- heart disease/attacks at a young age*
- a close family member with high 'bad' cholesterol or FH
- a close family member with heart disease/attacks at a young age*
- visible cholesterol deposits; 'lumps' in the hands, legs or eyes

* young age is men before the age of 55 and women before the age of 60

Treatment for FH includes:

- lifelong medication
- healthy diet
- physical activity
- healthy weight
- no alcohol or in moderation
- no smoking

FH Australasia Network

Early Diagnosis Early Treatment Saves Hearts

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