

Familial Hyper-cholesterol-aemia

means...

runs in families (inherited)

high

type of fat

in your blood

What is FH?

FH (Familial Hypercholesterolaemia) is a condition you got (inherited) from one of your parents.

You are not aware of it because it does not affect the way you look or feel.

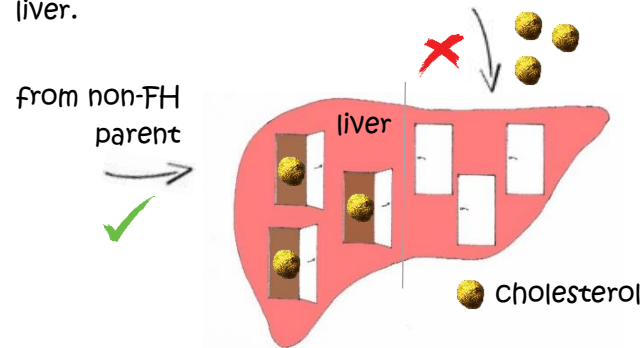
FH causes high cholesterol (a type of fat in your blood), even if you have a healthy diet!

How does FH cause high cholesterol?

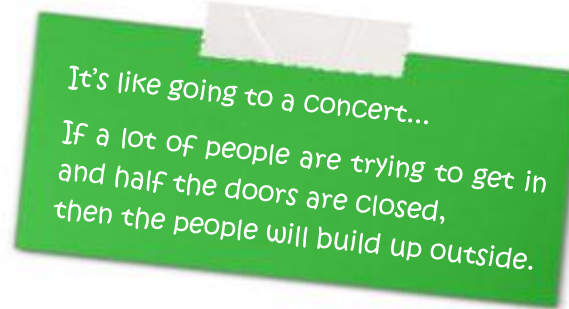
Cholesterol is normally removed from the blood by 'doors' (receptors) in the liver.

You get half these 'doors' from your father and half from your mother.

The 'doors' from your FH parent don't open, so can't move cholesterol from the blood into the liver.



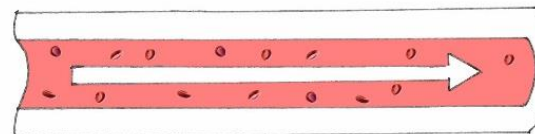
As a result, cholesterol builds up in your blood.



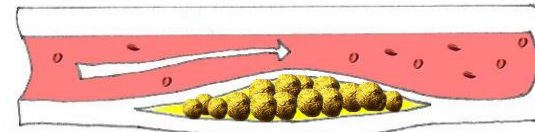
How does high cholesterol affect me?

If the high levels of cholesterol are not lowered, then over time the cholesterol sticks on the inside of your blood vessels.

This causes the blood vessels to narrow and reduce blood flow. Reduced blood flow can lead to problems with your heart and other parts of your body.



Healthy blood vessel with normal blood flow

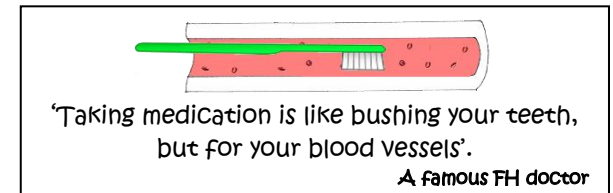


Blood vessel with cholesterol and reduced blood flow

What can I do to stay healthy?

The good news is it is easy to stay healthy if you:

- have been given medication - take it every day to lower your cholesterol
- have a healthy diet - mum and dad will help you with this
- are physically active
- don't **ever** smoke - smoking is especially dangerous for you!



What will my doctor do to help me stay healthy?

You will have regular check-ups with a special doctor who is experienced in treating children with FH.

They will do regular tests that may include:

- blood tests to measure your cholesterol level and a couple of other things
- height and weight and general health
- other tests to make sure your heart stays healthy.

Are there many children with FH?

Yes, FH affects about 1 in every 300 children; if your school has about 900 children then there could be around 3 children in your school with FH. The other 2 may not know they have it.

More on staying healthy!

10 habits of healthy FH kids



Diet Every day:

- eat a healthy breakfast
- eat at least 4 servings of fruit and veg and at least 2 low fat dairy products
- drink plenty of water instead of sugary drinks
- snack on healthy food and limit junk food

Physical Activity

- spend at least 1 hour a day being physically active

Lifestyle

- if you have been given medication, take it every day
- **never** smoke
- watch/play less than 2 hours a day of TV and computer games
- sleep at least 8 hours every night
- and finally, laugh lots every day!

What if I have more questions?

Ask your:

- mum or dad
- family doctor
- special FH doctor.

Who wrote this brochure?

A mum with FH, for her children with FH; with the guidance of Australia's leading FH specialists.

Early Diagnosis
Early Treatment
Saves Hearts



FH Australasia Network

- Email: fhwa@health.wa.gov.au
- Website: <http://www.athero.org.au/fh>
- Facebook: <https://www.facebook.com/FHAustralasiaNetworkandSupportGroup>
- Twitter: <https://twitter.com/FHAustralasia>

fH



Child

Familial Hypercholesterolaemia