# FAMILIAL HYPERCHOLESTEROLEMIA (FH)

### WHAT IS FH?

FH is an inherited condition associated with high "bad" cholesterol (low-density lipoprotein-cholesterol or LDL-C) and may predispose a person to premature cardiovascular disease (CVD). People with FH are unable to process the body's natural supply of cholesterol, leading to very high levels of "bad" cholesterol that can block arteries and lead to a heart attack or stroke.<sup>1</sup>





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Heterozygous FH (HeFH) inherited FH from 1 parent<sup>2</sup>

Homozygous FH (HoFH) inherited FH from both parents<sup>2</sup>

Affected

Unaffected

### **FH IS AN INHERITED CONDITION<sup>3</sup>**

# FH AFFECTS AN ESTIMATED 1 in 200 TO 1 in 500 PEOPLE WORLDWIDE<sup>4,5</sup>

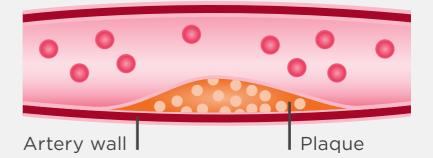
Up to **80%** of affected people **remain undiagnosed** in most countries throughout the world<sup>3</sup>

### **RISKS OF FH**



People with untreated FH have about **20 times greater** risk of developing early **heart disease**<sup>2</sup>

High "bad" cholesterol is a major risk factor for **atherosclerosis** (plaque build-up inside the artery wall) which can lead to CVD<sup>6</sup>



If FH is left untreated, the estimated risk for a coronary event is:<sup>5</sup>





 In most countries, an estimated 14-34 million people have FH<sup>4</sup>

~200,000 people die from



## CVD each year<sup>7</sup>

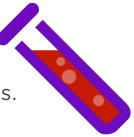
### **DISCUSS WITH YOUR DOCTOR IF YOU:**

- Experienced a cardiovascular event
- Have high "bad" cholesterol
- Have a family history of early heart attack or stroke

### **DIAGNOSING FH**

### Your doctor may consider various factors when diagnosing FH.

Diagnosis usually begins with a blood test. This will test your total cholesterol, including bad cholesterol, "good" cholesterol (high-density lipoprotein-cholesterol or HDL-C) and triglycerides.





Once a family member has been diagnosed, or if diagnosis is uncertain, genetic testing can help confirm diagnosis and identify affected relatives.<sup>8</sup>

Early diagnosis is important.

### References

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**8.** Klose, G., Laufs, U., März, W., et al. Familial Hypercholesterolemia: Developments in Diagnosis and Treatment. Deutsches Ärzteblatt International. 2014' 111(31-32), 523–529.





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