

What is Familial Hypercholesterolemia?

Familial hypercholesterolemia (FH) is a common inherited condition. People with FH are born with dangerously high levels of 'bad' (LDL) cholesterol in the blood from birth, leading to high risk of early heart disease.

FH affects
an estimated
1 in 250
people

It's estimated
only 2% of
people are
diagnosed

If a parent has FH,
there's a 50% chance
their child will have it

Heart disease risk is
approx. 20x higher in
untreated FH patients

Know your numbers

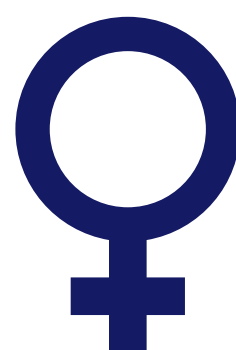
- **Normal range for adults:** LDL cholesterol should be below 2.6 mmol/L
- **LDL levels at or above 4.9 mmol/L may indicate FH**
- **If you are at high overall cardiovascular risk, without previous cardiovascular heart disease:** LDL cholesterol should be below 1.8 mmol/L
- **If you have had a heart attack or stroke, or have peripheral vascular disease:** LDL cholesterol should be below 1.4 mmol/L

Know the signs

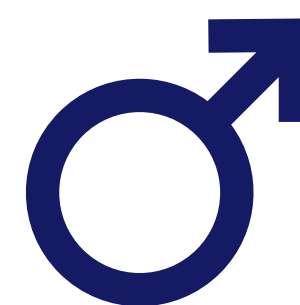
You could be at higher risk if you have:



**Family health history of
early heart attacks or
heart disease**



**Women in your family
had heart conditions
under 60 years old**



**Men in your family
had heart conditions
under 55 years old**

Take action

Don't let FH go undiagnosed. A 5-minute conversation with your doctor could add years to your life. Download our patient-doctor conversation guide on our website to bring with you to your next GP visit.