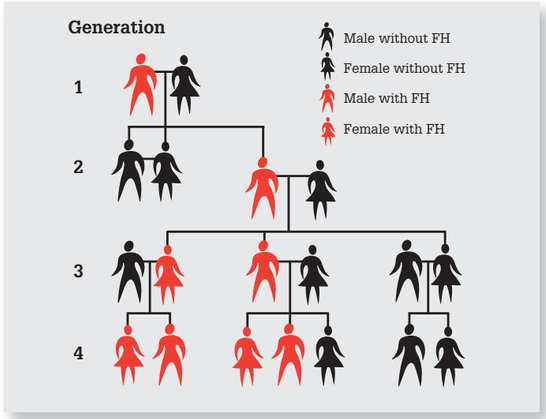

This family tree shows four generations affected by FH

When to Suspect FH

Diagnosis/Symptoms

- A routine blood test shows high cholesterol
- A heart attack before the age of 50-60
- Family history of cardiovascular disease early in life
- Swollen tendons (**called tendon xanthomas**) on the heels and hands
- Yellowish areas (cholesterol deposits) around the eyes

What About My Children?

If you have FH, your children should be screened and tested as early as possible. People with FH are born with it. An early diagnosis and early changes in diet and eating habits can help reduce the impact. Early treatment reduces the risk of heart attack later in life.

Treatment Options

The aim of treatment is to reduce your LDL-cholesterol to an acceptable level, thereby preventing or delaying heart disease. A lipidologist, a health care provider who specializes in treating diseases like FH, can develop the best treatment plan for you. To locate a lipidologist in your area, visit www.learnyourlipids.com.

Treatment options include:

- Lifestyle modification—A change in diet is the first step in reducing cholesterol levels. Physical activity will help reduce your risk of heart disease.
- Medication—The most important cholesterol-reducing drugs used to treat FH are statins. These medications work by reducing cholesterol production in cells. Other medications such as ezetimibe, niacin and bile acid sequestrants may also be taken to lower LDL levels. Almost all people with FH will need medication throughout most of their lifetime.
- Apheresis—In extreme cases of FH where other treatments have failed it may be necessary to mechanically remove LDL-cholesterol from the blood.

Resources and More Information

To print copies of this handout or for more information, please visit the National Lipid Association's patient-friendly website, www.learnyourlipids.com.

For more information about the National Lipid Association or its charitable arm, the Foundation of the National Lipid Association, please visit www.lipid.org and www.lipidfoundation.org.

ARE YOU THE ONE

One in 500 Americans has Familial Hypercholesterolemia (FH), an inherited yet treatable disease that causes very high cholesterol and can be passed from parents to their children.

What is FH?

- Familial means it runs in families; sometimes it is possible tc trace the disease over several generations
- Hypercholesterolemia means high blood cholesterol
- The type of cholesterol that is very high in FH is called Low Density Lipoprotein Cholesterol (LDL-C). This can cause an early heart attack.
- Individuals with FH often look perfectly healthy, and may have this disorder without realizing it.

Why Do You Need to Know About It?

FH patients have mutations in their genes that limit the body's ability to remove cholesterol, thereby increasing the amount of cholesterol in their bloodstream. Abnormally high levels of cholesterol in the bloodstream can lead to serious and potentially fatal problems with the heart and blood vessels, including heart attack, stroke and even death. FH causes progressive build-up of artery-blocking plaque; patients may not recognize any symptoms or be aware of the condition. The first symptoms can be a fatal heart attack or stroke.

There is no cure for FH but it can be successfully treated.

Cholesterol Levels in FH

Blood tests may show:

- High levels of total cholesterol
  Greater than 250 mg/dL in children
  Greater than 300 mg/dL in adults
- High LDL cholesterol levels
  Greater than 170-200 mg/dL in children
  Greater than 220 mg/dL in adults

Learn Your Lipids

FOUNDATION of the National Lipid Association

Support for these educational FH materials was provided by Sanofi-Aventis and Aegerion Pharmaceuticals.

ONE IN 500 PEOPLE

80% AFFECTED UNDIAGNOSED

MORE THAN 600,000 AMERICANS

ARE YOU THE ONE

One in 500 people has a common inherited disorder that can cause premature heart disease—or even death. And they don't even know it.

More than 600,000 Americans have inherited high levels of cholesterol, known as familial hypercholesterolemia (FH). **But 80% of those affected are undiagnosed**—and have no idea they are at risk.

Find out if you are the ONE. Know your family history. Ask your health care provider to screen you for FH. One blood test could help save your life—or that of a loved one.

Learn Your Lipids

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For more information on FH and cholesterol, go to www.learnyourlipids.com