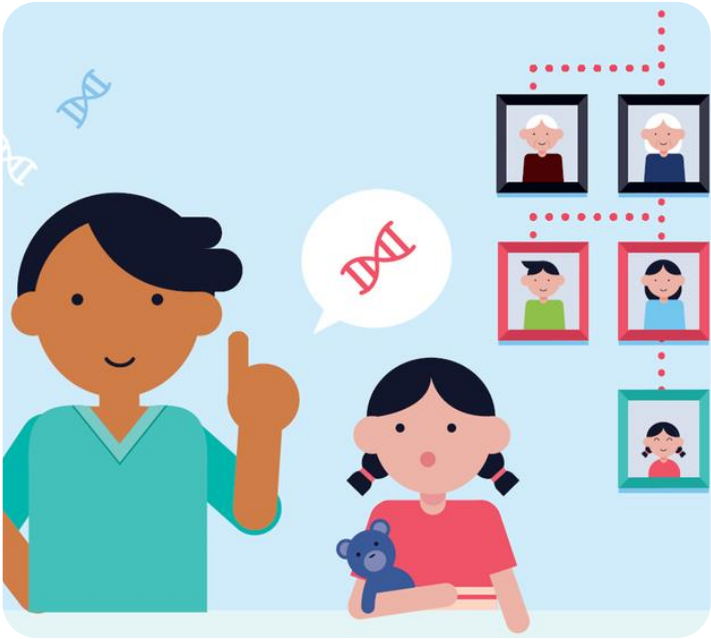
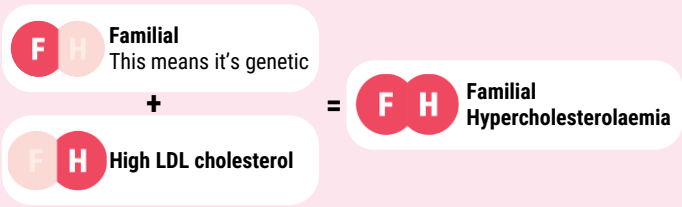


Familial Hypercholesterolaemia

What is Familial Hypercholesterolaemia (FH)?

- FH is an inherited (genetic) condition with a defect in how the body processes LDL ('bad') cholesterol.
- People with FH often have very high levels of LDL cholesterol. If untreated, it increases the risk of heart disease at a younger age – **up to 20 times higher** than people without the condition.
- About **1 in 140 Singaporeans have FH** — many don't know they have it.



What makes FH different from other types of high cholesterol?

High cholesterol is a SILENT risk factor for heart disease.

If you have FH, your cholesterol has been high **from a young age.**

FH	Other types of high cholesterol
Genetic - you're born with it	Cholesterol build up starts in adulthood / childhood
Starts from childhood	Usually starts in adulthood
Risks of heart disease at a much younger age, e.g. 30s or 40s	Increases risk of heart disease gradually

People with FH typically require **lower target LDL levels** and often a more intensive treatment plan.

Can FH be treated?

YES! **FH is treatable** and treating early can reduce the risk of heart disease.

- Statins (cholesterol-lowering medications) are the mainstay of treatment but other drugs include ezetimibe and injections. Some people with FH require a combination of medications.

Don't statins have side effects?

- Cholesterol medications are generally very safe. Some people may have side effects although this is rare.
- If you do have any side effects, speak to your doctor.

See how a young man with FH was able to work with his doctor to deal with the side effects from his cholesterol medications

Scan QR code to watch video

If my father or mother has FH, will I definitely have it too?

No, but there's a 50% chance you inherited FH if one of your parent has it. Your siblings or children also have a 50% chance.

How do I know if I have FH?



Early screening is key!

You might have FH if:

- You have **high LDL ("bad") cholesterol** (especially from a young age)
- You've had a **heart attack or stroke at a young age** (under 55 in men, under 60 in women)
- Your **parents, siblings, or children** have high cholesterol OR early heart disease
- Someone in your family was told they have **FH**

Testing can make a big difference for your health and your family members.

Genetic testing can help confirm if you have FH.

Hear from Mr Z – he struggled with finding out he had FH and was worried about his future

Scan QR code to watch video

What does FH Screening involve?

- Take a **simple blood test** to measure LDL cholesterol levels.
- If your LDL cholesterol is high, or if you have a family member diagnosed with FH, your doctor may refer you for genetic testing.
- If you think you or your family may have FH, **talk to your doctor today!**



Blood test to measure your LDL cholesterol levels. Done by your doctor.



Referred to GAC (Genomic Assessment Centre)



Genetic counsellors at GAC will collect information about your health and your family members' and offer genetic testing for FH if appropriate. When the results are out, they will be returned to you at the GAC.



Treatment is initiated for you by your doctor.

If I've got FH, what happens next?

So what can I do if I have FH?



FH is in your genes but there is a lot you can do to prevent the disease from getting worse and to help you and your family live long, healthy lives.

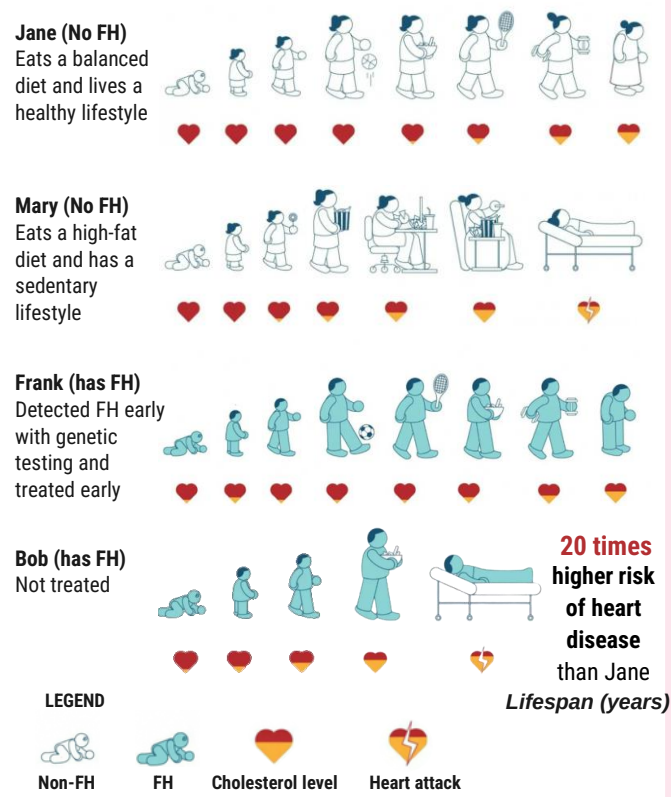
1 Start treatment early

The earlier you treat FH, the better the outcome!

People with FH who started treatment as children can have average lifespans (similar to people without FH).

So start treatment early and follow up regularly with your doctor.

How having high cholesterol and FH can affect your health



2 Adjust your lifestyle!

Eat Smart. Move More. Stay Healthy

- Make heart-healthy food choices
- Stay physically active

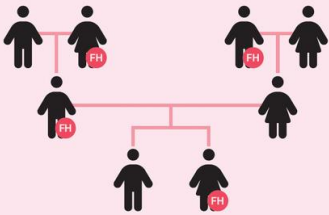


Visit www.myheart.org.sg and www.hpb.gov.sg for more ideas on how to eat and live healthily.

3 Get your family members screened

People with FH have 50% chance of passing the gene that causes FH to their child.

Your siblings or children also have a 50% chance.



Hear the story of how early screening helped a mother with FH and her two young children

Scan QR code to watch video

Encourage your family members to get screened, **even if they are young and feel well.**

By doing so, they can be treated early if they have FH and live long and healthy lives.

Material jointly developed by

MINISTRY OF HEALTH SINGAPORE

NHG Health

NUHS National University Health System

SingHealth Defining Tomorrow's Medicine