I'M NOT OLD OR OVERWEIGHT, PLUS I FEEL FINE. SURELY I DON'T HAVE FH?

- FH affects people from birth. That means even children and young adults, and those of normal weight, could have FH.
- Many people with FH have no physical signs and may feel fine. However, the high cholesterol in their blood puts them at risk of developing hardening and thickening in the arteries, which could lead to a heart attack.
- So, even if you feel fine, it's important to get screened for FH if your family member has FH or had heart disease at a relatively young age (<55 years in men or <60 years in women).

WHAT DOES SCREENING INVOLVE?

If you think you may have FH, talk to your doctor about it. He or she may arrange for a simple blood test (either fasting or non-fasting) to measure the amount of cholesterol in your blood.

If your cholesterol is high, your doctor may ask for your consent to refer you to FHCARE, a team of healthcare professionals that can help determine whether you are likely to have FH.

In some instances, FHCARE may also approach you about screening if one of your family members is suspected to have FH.

1. Blood test to measure your cholesterol levels
2. Your consent is obtained
3. FHCARE nurse will collect information about your health and the health of your family members (if anyone has had FH, high cholesterol or early heart disease), and screen your family members for FH
4. Treatment is initiated for you

I (OR MY FAMILY MEMBER) AM READY TO GET SCREENED. HOW DO I GO ABOUT IT?

Contact FHCARE today

By E-mail: cholesterol.info@ktph.com.sg

By Phone: (+65) 6602 2346
(+65) 9674 5167
(+65) 9825 9793

Website: www.myheart.org.sg/FH

Or visit your family doctor to find out more.

Scan the QR code to visit website

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NUHS National University Health System

National Healthcare Group — Adding years of healthy life

SingHealth — Defining Tomorrow's Medicine

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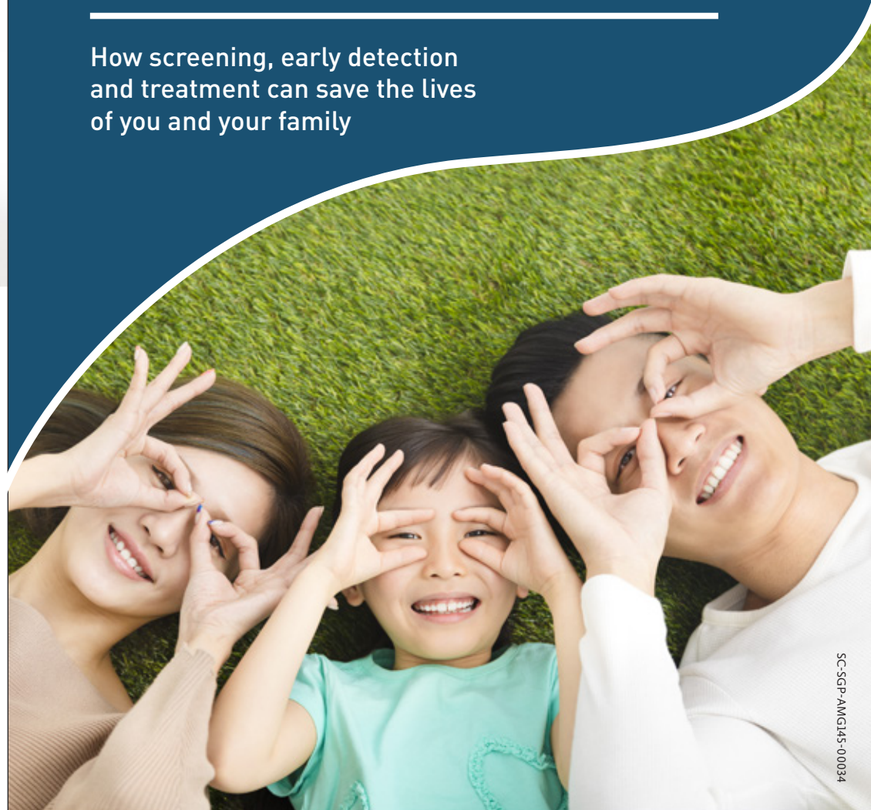
1 Goldberg AC, Hopkins PN, Toth PP, et al. Familial Hypercholesterolemia: Screening, diagnosis and management of pediatric and adult patients. Clinical guidance from the National Lipid Association Expert Panel on Familial Hypercholesterolemia. *J Clin Lipidol*. 2011;5:S1-S8.

2 Wiegman A, Gidding SS, Watts GF, et al; for the European Atherosclerosis Society Consensus Panel. Familial hypercholesterolaemia in children and adolescents: gaining decades of life by optimizing detection and treatment. *Eur Heart J*. 2015;36: 2425-2437.

3 Versmissen J, Oosterveer DM, Yazdanpanah M, et al. Efficacy of statins in familial hypercholesterolaemia: a long term cohort study. *BMJ*. 2008;337:a2423.

DO YOU KNOW IF YOU OR YOUR FAMILY MEMBERS HAVE FAMILIAL HYPERCHOLESTEROLEMIA

How screening, early detection and treatment can save the lives of you and your family



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WHAT IS FAMILIAL HYPERCHOLESTEROLEMIA (FH)?

- FH is a genetic condition in which high cholesterol levels are passed down in families, **increasing the risk of premature heart disease** (i.e. chest pain, heart attacks, strokes) by **up to 20 times** over people without the condition.[1]

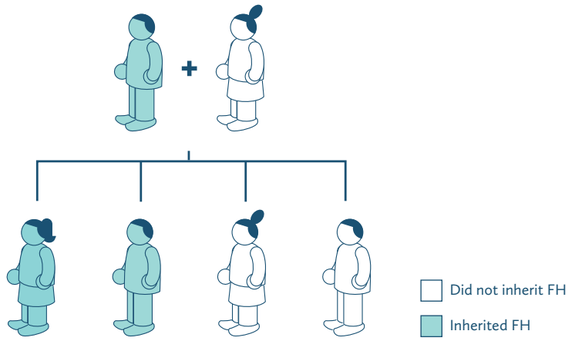
HOW COMMON IS IT?

- It is the most common form of inherited heart disease, with one baby born with FH every minute.[2]

  This condition affects 1 in 250 people around the world, which works out to be **20,000 people in Singapore**.[2]

FH IS AN INHERITED DISEASE

- FH is passed down in families.
- If one of your parents, siblings or children has FH, you have a 50% chance of also having it.[2]



IT'S A GENETIC DISEASE, SO WHAT CAN I DO ANYWAY?

At present, you can't change your genes if you have FH. 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:

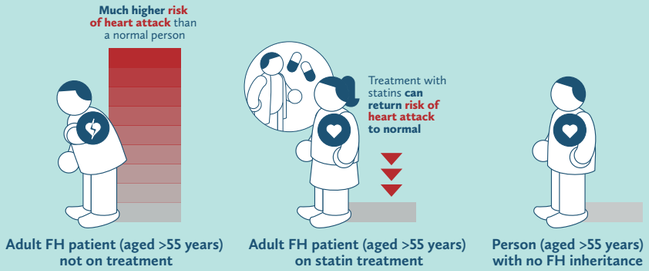
1 Start treatment.

Even though FH is a genetic disease, a **combination of medications and lifestyle changes** is effective in lowering cholesterol levels and the risk of heart disease, often to normal levels.

The most commonly used medications are statins.

Treatment can make a big difference in your life:

- People with FH who started statin treatment as children went on to have normal lifespans.[2]
- Adults treated with statins reduced their risk of heart attacks to normal (similar to people without FH).[3]



Confronting common fears of lifelong medication:

Some people are very fearful about the prospect of being on medication for the rest of their lives. Learn how a patient in his 20s coped with his fears with the support of his family.

Scan the QR code to watch video

Atorvastatin are indicated for treatment of heterozygous FH in children aged 10 or older. Lovastatin and Rosuvastatin are indicated for children aged 10-17 years.

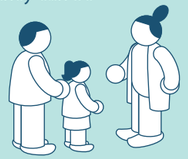
2 Adjust your lifestyle.

Make healthy food choices and be more active physically. Leading a healthy lifestyle could help to lower the amount of medication that you need to control your cholesterol. You can visit www.myheart.org.sg and www.hpb.gov.sg for more ideas on how to eat and live healthily.

3 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, just like this mother of two young children.

Scan the QR code to watch video



BUT I'VE HEARD ABOUT STATINS... DON'T THEY HAVE SIDE EFFECTS?

If you experience side effects with statins, don't be discouraged. Talk to your doctor about your side effects.

He or she may suggest other treatment options, such as cholesterol absorption inhibitors (eg, ezetimibe) and PCSK9 inhibitors. Switching to another medication helped this FH patient to maintain his busy, active lifestyle.

Scan the QR code to watch video