



Government of **Western Australia**
Child and Adolescent Health Service



Perth Children's Hospital

FH and me

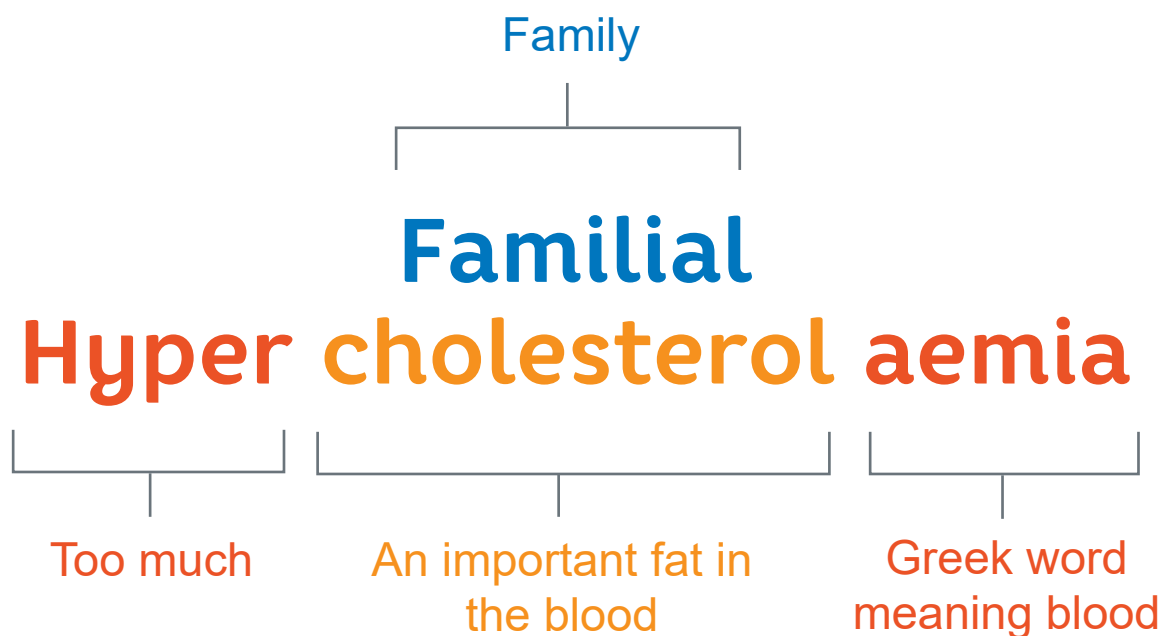
Familial Hypercholesterolaemia



Living with FH

Having FH needn't stop us from growing the same as everyone else and leading a fit and healthy life. We just need to be careful about a few things. Let's take a closer look at what FH means and what we can do to stay healthy.

What does FH mean?



How do you get FH?

FH is a genetic condition, which means it is passed down through families.





What is cholesterol?

Cholesterol is made in the body and is found in some of the food we eat. There are two types of cholesterol:

HDL: Good cholesterol

LDL: Bad cholesterol

Our bodies need cholesterol, but having FH means we have too much of it. Bad cholesterol can stick inside our blood vessels and may lead to heart problems when we get older.

Top tips for living with FH

Tip 1: Stay active

Being physically active benefits every part of our body and makes us feel great.

Staying active can help us:

- increase our good cholesterol (HDL)
- keep a healthy body weight
- look and feel good
- increase our muscle strength
- fight off illness
- sleep well
- have fun.

Why not try a new after-school activity?

Tip 2: Eat healthily

Healthy eating is important for everyone – not just because we have FH. Choosing to eat better is about making small changes to what we eat. Simply swap some foods for healthier ones more often.



Choose **more**

- Fruit and vegetables
- Nuts, seeds and plain popcorn
- Water
- Low-fat yoghurt, milk and cheese
- Vegetable spreads and oils
- Lean meat, fish and beans
- Wholemeal bread
- Muesli or porridge
- Brown rice and pasta.

Try eating at least five different types of fruit and vegetables every day. This will give your body the essential vitamins, minerals and fibre it needs.

Choose **less**

- Chips
- Crisps, sweets and chocolate
- Fizzy, sugary drinks
- Biscuits and cakes
- Full fat yoghurt, milk and cheese
- Butter
- Sausages, burgers and fatty meat
- White bread
- Sugary breakfast cereals
- White rice and pasta.



Tip 3: Take your medicines

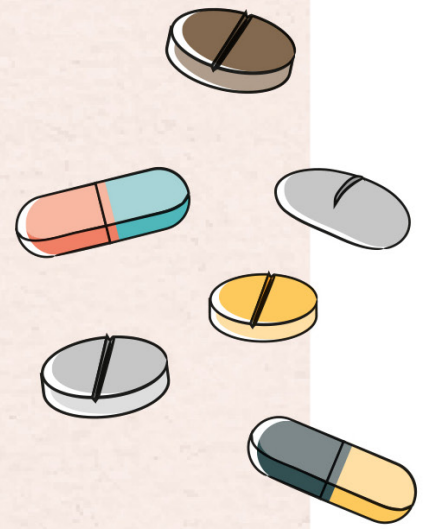
Your doctor will talk to you about what sort of medicine you need and when you should take it.

If you have any worries, talk to your family, doctor or nurse.

You may need to take tablets called statins. These will help lower your cholesterol by slowing down the amount your body makes.

It is important to keep taking your medicines because they will help to reduce your bad cholesterol.

Even though you can't see what they are doing, they are working.



Let's recap

If you have FH, make sure you stay fit and healthy by following our top tips:

Tip 1: Stay active

Tip 2: Eat healthily

Tip 3: Take your medicines

More information

**Familial Hypercholesterolaemia,
Department of General Paediatrics, Perth Children's Hospital**

Address: 15 Hospital Avenue, Nedlands WA 6009

Phone: (08) 6456 8358 (Monday to Friday, 7am – 4pm)

Email: pch.fh@health.wa.gov.au

Website: pch.health.wa.gov.au/Our-services/General-Paediatrics

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