



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



**Perth Children's Hospital**

# FH, my family and me

## Familial Hypercholesterolaemia



# Hello, my name is Helen!

My hobbies are dancing, watching TV and looking after my two hamsters.



I live with my mum and dad, brother and sister.



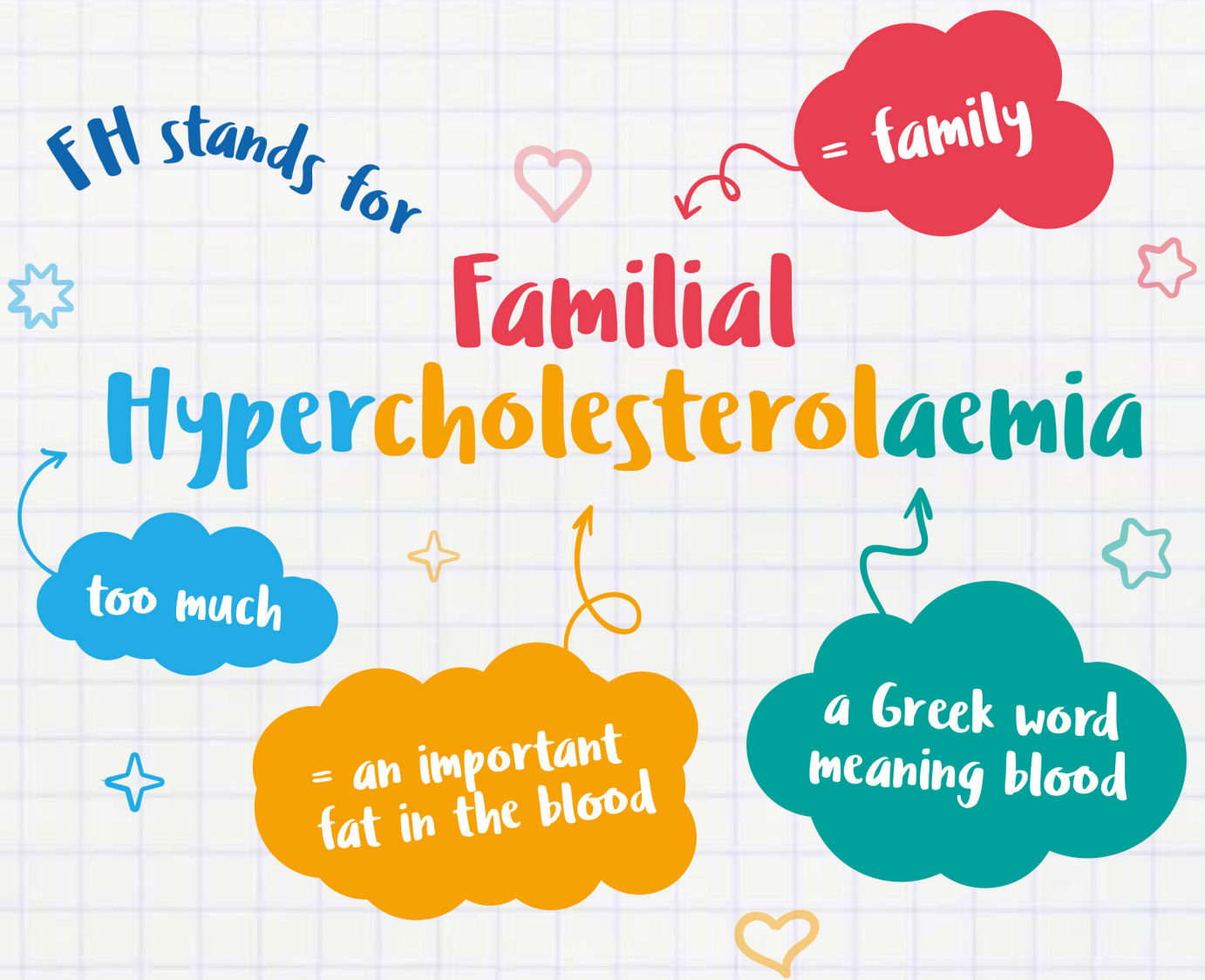
Ever since I was born I have had FH (Familial Hypercholesterolaemia).

# Living with FH doesn't cause me any problems

What FH means is that my cholesterol is higher than normal. So, there are some foods I eat less of, and sometimes I have to go to a special clinic. If you are like me and have FH, we can grow up the same as anyone else and live a healthy and active life.



I'm going to tell you more about FH and what it means to my family and me.



Many people live with FH so you are not alone. Most people don't know they have high cholesterol because they can't see or feel it.

## 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

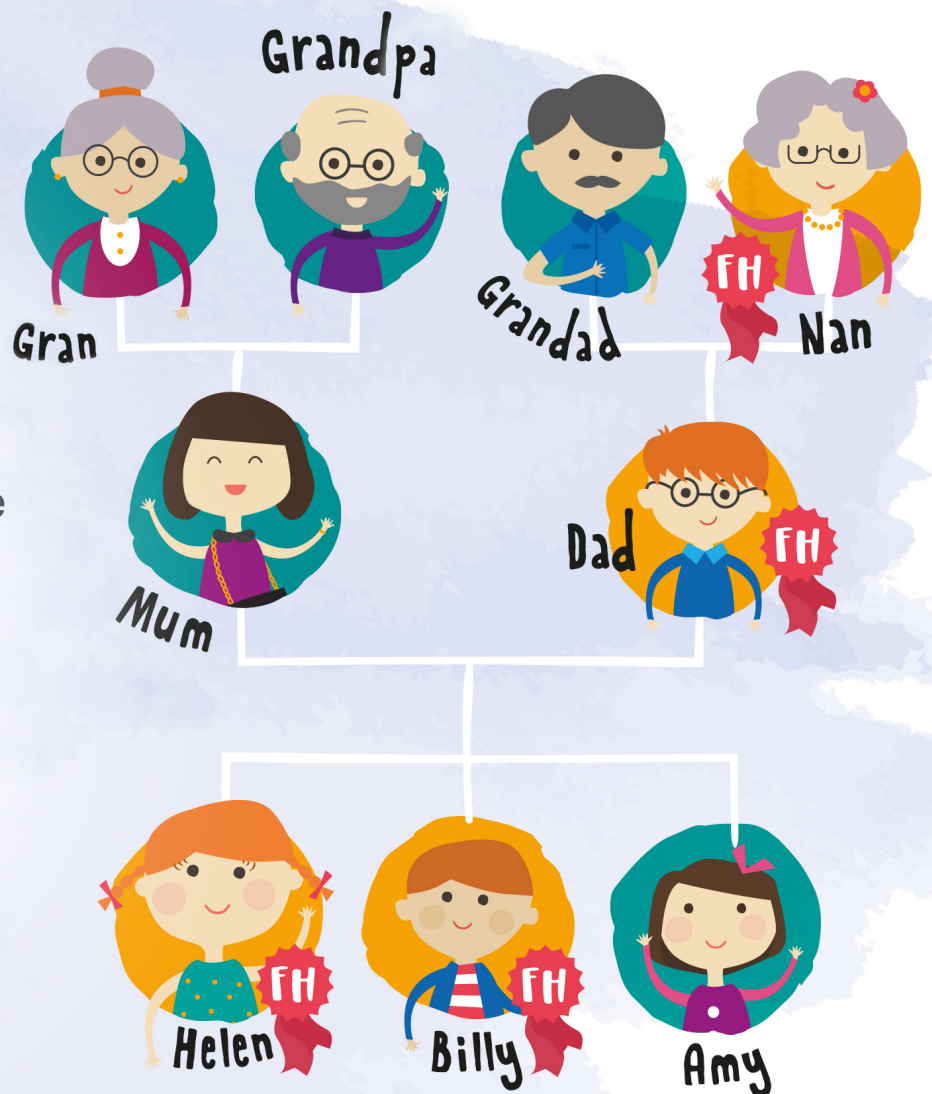
People with FH were born with too much of the bad cholesterol. Sometimes this can get stuck to the big blood vessels, which carry blood around your body.

# How do you get FH?

FH is passed down through families. You inherit FH from one or both of your parents, just as you do your eye or hair colour.

My brother and I both have FH, just like my dad.

We drew our family tree to see who has FH.



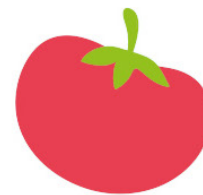
Why not try drawing your own family tree?



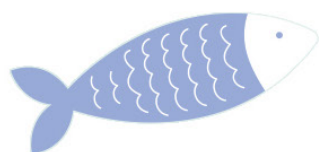
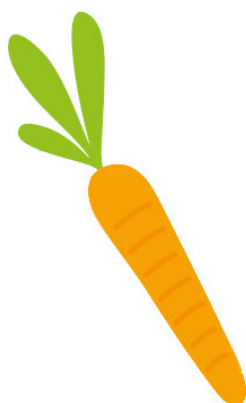


Eating healthily is important for everyone,  
not just for people with FH.

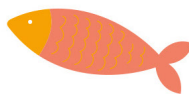
I eat lots of fruit and vegetables  
but not too much junk food.



We enjoy cooking  
as a family!



# My Healthy Eating tips



## Choose MORE...

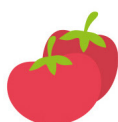


## Choose LESS...



- Fruits and vegetables
- Nuts and seeds
- Water
- Lean meat, fish and beans
- Wholesome bread
- Muesli and porridge
- Brown rice and pasta

- Chips
- Sweets and chocolate
- Fizzy drinks
- Sausages and fatty meat
- White bread
- Sugary breakfast cereal
- White rice and pasta





Being active every day is really good for you.



Exercise helps raise the good cholesterol that we need more of.

I love going to my dance classes, but my brother and sister like to play soccer.

## Smoking

Smoking is really bad for everyone, especially those with FH.

Even being around other people when they are smoking is bad for us.



## It's very important for us to keep taking our medicines.

Medicines help us bring our bad cholesterol levels down.

Our doctor will tell us what sort of medicine we need and when we should take it.

If we have any questions or worries, we should talk to our family, doctor or nurse.



## It is really important to get regular check-ups when you have FH.



My dad, brother and I have regular blood tests, so our doctor can check our cholesterol.

Some people don't like having a blood test, but it only stings for a second.

Stay healthy like me.



It's been lovely chatting  
with you, but now I must  
go to my dance class.  
Bye!



## More information

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