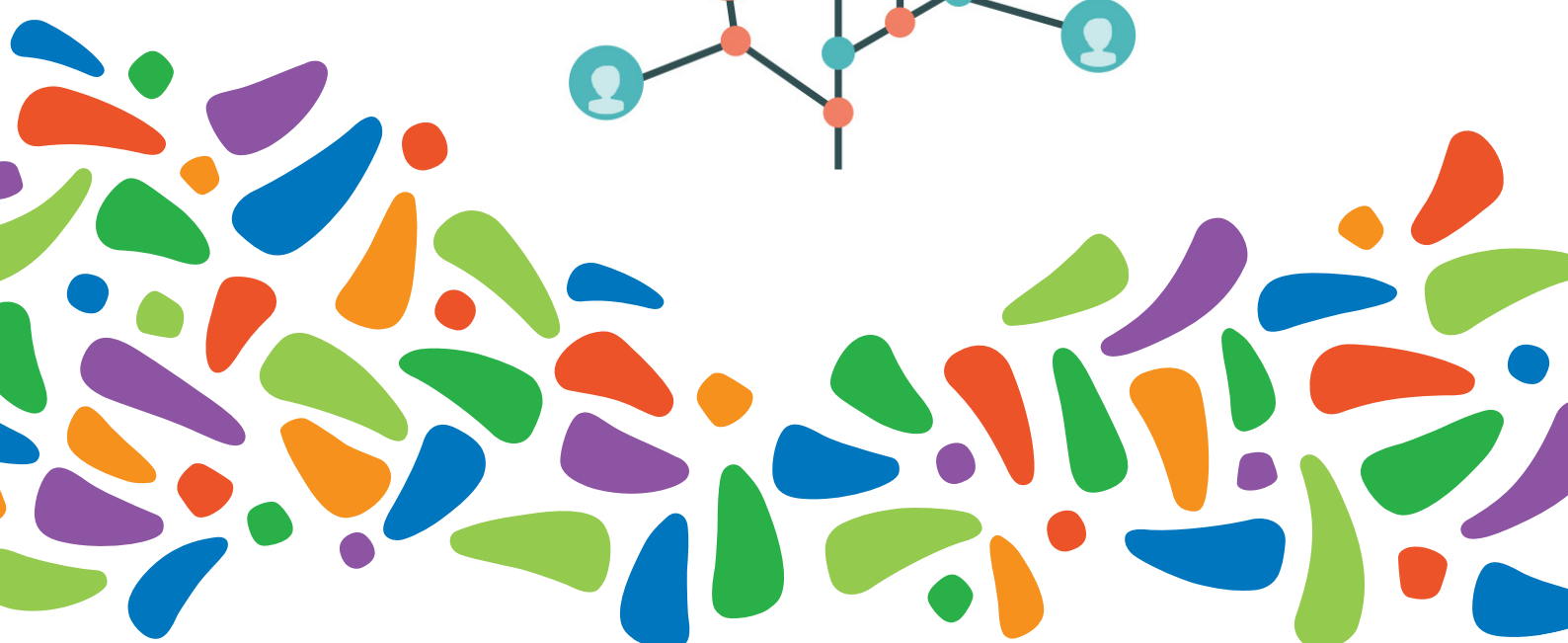
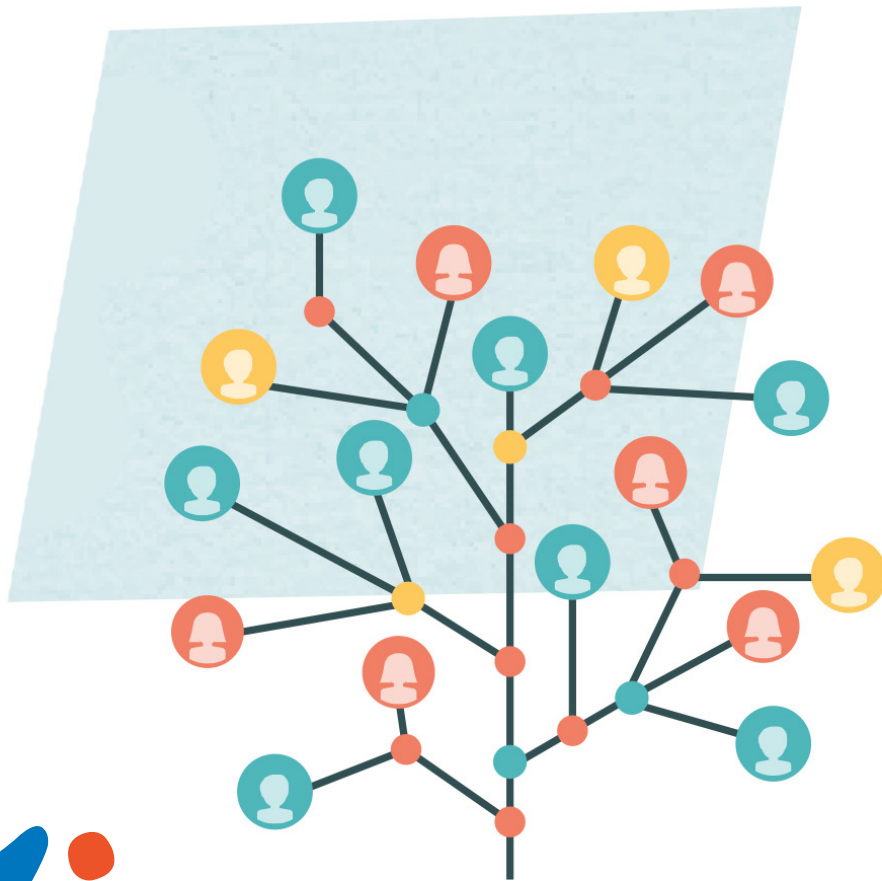




# Getting to grips with Familial Hypercholesterolaemia (FH)

A guide for teenagers



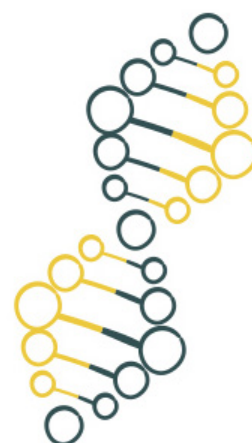
# What is FH?

Having FH means your body makes too much cholesterol. This can stick to the insides of your blood vessels and damage them.

## Living with FH

FH is an inherited condition, where an altered gene causes high blood cholesterol.

Knowing how to 'live with FH' means you can grow up the same as everyone else and live a healthy and active life.



## How is it diagnosed?

FH is relatively easy to diagnose and identifying it at a young age is really important. Treatment is more effective when started early, before high levels of cholesterol can cause damage to your blood vessels.

your **DOCTOR** may  
**SUSPECT** **FH**  
you have **FH** if:

- your cholesterol is very high
- other family members have been diagnosed with FH
- there is a history of early heart disease in close family members





# Understanding **CHOLESTEROL**

Cholesterol is made in the body and is carried in the blood. You also get it from some of the foods you eat.

Cholesterol is really important to keep our bodies working properly, but too much can be unhealthy.

# TYPES OF CHOLESTEROL

**LDL = BAD**  
LOW DENSITY LIPOPROTEIN  
**CHOLESTEROL**

**HDL = GOOD**  
HIGH DENSITY LIPOPROTEIN  
**CHOLESTEROL**

HOW IS IT TESTED?

A blood test will reveal your levels of

**“BAD”** and **“GOOD”** cholesterol.



CHECK OUT OUR **TOP TIPS** FOR REDUCING YOUR **BAD** CHOLESTEROL...

# Tip 1: Eat healthily

Choosing to eat healthily is about making small gradual changes such as swapping those not so healthy foods with new healthy ones.

Maintaining a healthy diet and eating the right foods on a regular basis is what matters. It's okay if you eat less healthy foods on occasion and is unlikely to result in increased blood cholesterol.

Healthy eating is important for everyone - not just those who have FH.



## 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.

## Choose **less**

- Chips
- 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 2. **STAY ACTIVE**

An illustration of two sneakers, one orange and one white, with motion lines around them, suggesting movement or activity.

Being physically active benefits every part of the body, including the mind.

Exercising causes the body to produce endorphins. These are chemicals that can help you feel good.

# Staying **ACTIVE** can help you...



INCREASE YOUR GOOD (HOLESTEROL

KEEP A HEALTHY BODY WEIGHT

LOOK AND FEEL GREAT



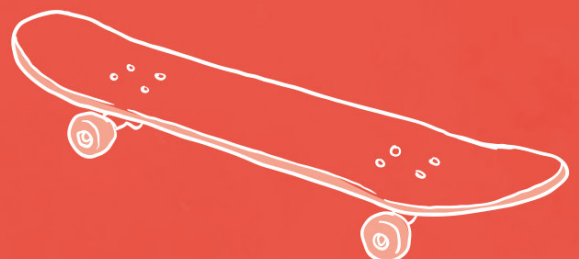
INCREASE YOUR MUSCLE STRENGTH

BOOST YOUR IMMUNE SYSTEM

SLEEP WELL



MAKE FRIENDS





## Tip 3: Don't smoke

Smoking can reduce your levels of good cholesterol and can damage the insides of healthy blood vessels.

Smoking increases your chances of heart disease, particularly if you have FH.





tip 4.

# REDUCE YOUR ALCOHOL INTAKE

TOO MUCH ALCOHOL INCREASES THE AMOUNT OF TRIGLYCERIDES IN YOUR BLOOD. THIS IS A FORM OF FAT. TOO MUCH TRIGLYCERIDES MEANS YOUR BODY IS STRUGGLING TO PROCESS FAT PROPERLY.

# tip 5. TAKE YOUR MEDICINES

MEDICINES HELP CONTROL  
YOUR TOTAL (HOLESTEROL  
LEVEL AND REDUCE YOUR BAD  
(HOLESTEROL.



Statins lower 'bad' cholesterol. They usually need to be taken every day, and are best taken at night although you can take them at a different time of the day if you want to. Statins help the body filter cholesterol out of the blood and are effective at lowering your 'bad' cholesterol.

## How long should you take them?

Taking statins continues for life and stopping your medication will cause your cholesterol to return to a high level within a few weeks.

Taking more the next time isn't a good idea. Instead, just return to your usual dosage. Keeping active and eating healthily are very important when you have FH, but for most, this is not enough to reduce your cholesterol levels sufficiently and it's likely that you will need to take medication.



LET'S RECAP!

IF YOU HAVE **FH** YOU CAN STAY  
**FIT** AND **HEALTHY**  
BY ...





**5. TAKING YOUR MEDICINES**



**4.**

**NOT DRINKING  
TOO MUCH  
ALCOHOL**



**3. NOT  
SMOKING**

## More information

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## Acknowledgement

Use of the information and illustrations in this publication have been possible thanks to the permission of Heart UK.



Produced by: Department of General Paediatrics. Ref: 1657 © CAHS 2024

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