two variants, you have two of the genetic variants we tested called FH.

Please share this information with your healthcare provider so they can help determine if you have an increased risk of other disease risk.

How to use this test

The test is called FH (Familial Hypercholesterolemia) and it is used to determine whether or not you have FH. You can find more information about FH on the FH Health Foundation website. If you have FH, your doctor may recommend lifestyle changes or medication to help control your cholesterol levels.

Important Facts

- People with FH have a higher risk of heart disease compared to people without FH.
- FH is caused by mutations in the LDLR gene, which affects how the body handles cholesterol.
- FH is inherited in an autosomal dominant pattern, meaning it can be passed down from either parent.

Lifestyle changes and other factors can also influence the risk of developing FH.

Smoking, high cholesterol levels, and family history are all risk factors for FH. Your doctor may recommend lifestyle changes, such as diet and exercise, to help lower your cholesterol levels.

About Familial Hypercholesterolemia

FDHM is an inherited disorder that can increase the risk of developing FH. It is caused by mutations in the LDLR gene, which affects how the body handles cholesterol.

It is important to discuss FH with a healthcare professional. They can help determine if you have FH and recommend appropriate treatment options.

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Frequently Asked Questions

Familial hypercholesterolemia (FH) is a genetic condition characterized by very high levels of cholesterol in the blood, specifically LDL cholesterol (the "bad" cholesterol). Advanced FH diagnosis typically involves an increase in the total cholesterol levels, leading to a significant elevation in LDL cholesterol levels.

Familial Hypercholesterolemia

### What is familial hypercholesterolemia (FH)?

Familial hypercholesterolemia (FH) is a genetic disorder characterized by very high levels of LDL cholesterol in the blood. It is caused by a defect in the gene that codes for the LDL receptor, which is responsible for removing LDL cholesterol from the bloodstream.

### What are the symptoms of FH?

The most common symptoms of FH include:

- Skin changes, such as xanthomas (yellowish lumps) on the knees, elbows, and knuckles
- Early-onset heart disease
- Increased risk of developing heart disease

### How is FH diagnosed?

FH is diagnosed through a combination of family history, blood tests, and genetic testing. A diagnosis may be confirmed by measuring the levels of LDL cholesterol in the blood.

### What is the treatment for FH?

Treatment for FH typically involves a combination of lifestyle changes and medications:

- Lifestyle changes: Diet and exercise
- Medications: Statins, ezetimibe, and other cholesterol-lowering drugs

### Can FH be cured?

No, FH cannot be cured. However, with proper treatment and management, individuals with FH can live healthy lives with normal life expectancy.

More specific questions? Check out our Database for More Insights.