Familial Hypercholesterolemia

Familial hypercholesterolemia is a condition that runs in families, where high levels of cholesterol build up in the blood. This can increase the risk of heart disease.

When to Test

- If you have a family history of heart disease or if you have high cholesterol levels.
- If you have symptoms of atherosclerosis, such as chest pain or angina.
- If you are a member of a high-risk group, such as people with diabetes or obesity.
- If your doctor recommends it based on your personal health history.

How to Use This Test

- Genetic testing is recommended if you have a family history of heart disease.
- A blood test can also be used to check for elevated cholesterol levels.

Important Points

- Treatment options include lifestyle changes, medications, and possibly surgery.
- Regular check-ups and monitoring are important to manage the condition.

Lifestyle and other factors can also influence the chances of developing heart disease.

About Familial Hypercholesterolemia

Familial hypercholesterolemia is a genetic condition caused by a malfunctioning of the LDL receptor, which is responsible for removing cholesterol from the bloodstream.

You can learn more about FH at the FH Society's website.