My Family, FH & me
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've had FH (familial hypercholesterolaemia).
There are some foods I eat less of and sometimes I have to go to a special clinic.

You 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.
FH stands for Familial Hypercholesterolaemia

FH = family

too much = an important fat in the blood

a Greek word meaning blood

There are lots of people living with FH so you’re not alone.

Most people don’t know that they have high cholesterol because they can’t see or feel it.
What is cholesterol?

Cholesterol is made in your body. You can also get it in some of the food you eat.

There are two types of cholesterol:

- **HDL** = Good cholesterol
- **LDL** = Bad cholesterol

People with FH have too much 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 the family. It’s just like having the same hair or eye colour as your mum or dad.

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 because we have FH.

I try to eat lots of fruit & vegetables and not too much junk food.

We enjoy cooking as a family.
my Healthy Eating tips

Choose MORE...

- fruits & vegetables
- Nuts and seeds
- water
- Lean meat, fish & beans
- Brown bread
- Muesli & porridge
- Brown rice & pasta

Choose LESS...

- Chips
- Crisps, sweets & chocolate
- Fizzy drinks
- Sausages & fatty meat
- White bread
- Sugary breakfast cereal
- White rice & pasta
Being active every day is really good for you.

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

I love going to dance classes, but my brother and sister like to play football.
Don’t smoke...

Smoking is really bad for everyone, especially those with FH.
Medicines help bring your **bad cholesterol** levels down.

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

It’s important that you keep taking your medicines.

If you have any questions or worries, you should talk to your family doctor or nurse.
My dad, brother and I regularly have blood tests. This is so that the doctor can check our cholesterol.

Some people don’t like having a blood test, but it only stings for a second.
Having FH means your body will make too much **bad cholesterol**.

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**healthy eating**  
+ **being active**  
+ **taking the medicines you need**  
= **keeps you**  
**Fit & Healthy**
It’s been lovely chatting with you, but now I must go to my dance class.

Bye! X

Talk to your doctor, nurse, family and friends about living with FH.
HEART UK saves lives by helping people avoid heart attacks and strokes caused by high cholesterol.

What do we do?
We provide expert support, education and influence, by:

- campaigning for proper diagnosis, treatment and care
- helping people manage high cholesterol
- providing education and training for healthcare professionals

Follow us:  

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Design and illustrations by Onclick.co.uk

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June 2017