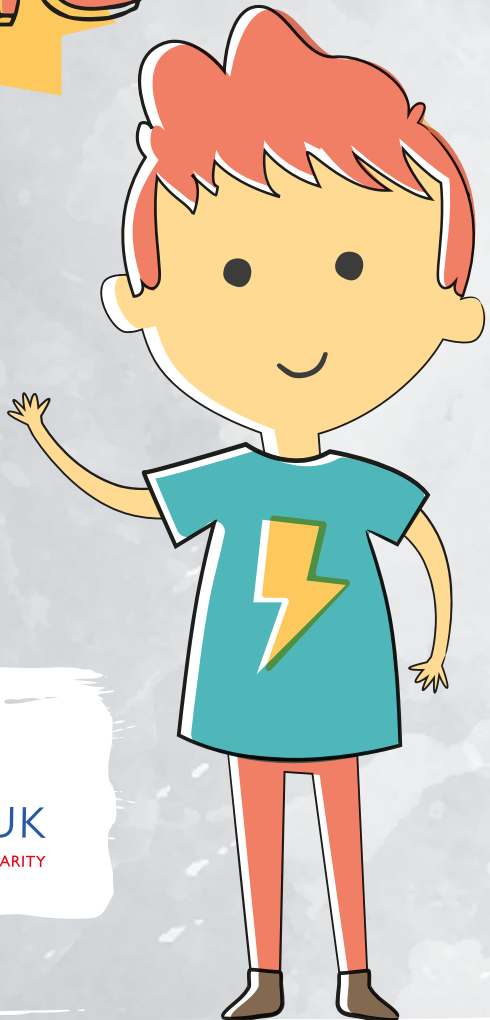


# FH & me



HEART UK  
THE CHOLESTEROL CHARITY

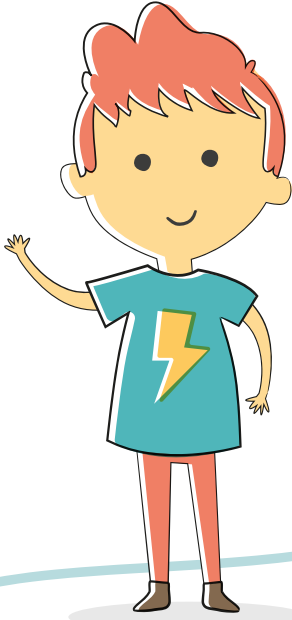
# Living with FH

Having **FH** means we can still grow up the same as anyone else and live a

**Fit &  
Healthy**  
life.



There are just a few things we need to pay attention to.

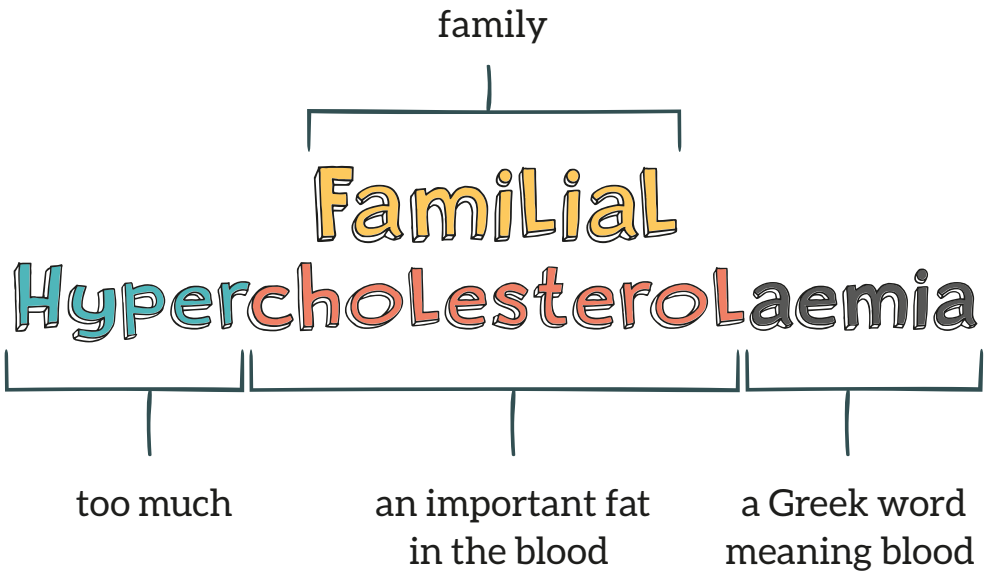


So let's take a closer look at what **FH** means and investigate some of

our **TOP TIPS** on living with FH.



# So, what does FH mean?



## How do you get FH?

FH is a genetic condition, which means it is passed down through the family.



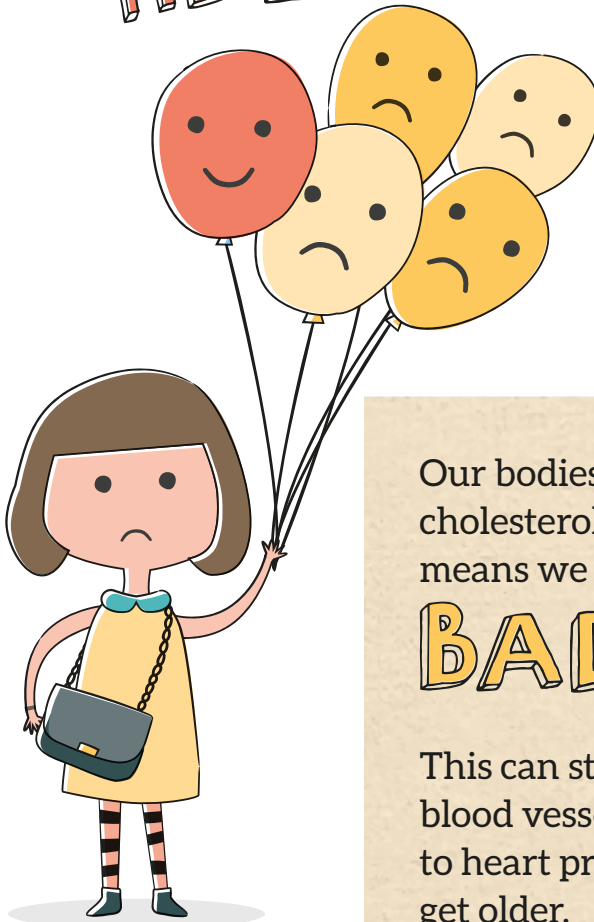
# What is cholesterol?

Cholesterol is made in the body and is found in some of the food we eat.

There are two types:

**HDL = GOOD**  
cholesterol

**LDL = BAD**  
cholesterol



Our bodies need cholesterol, but having **FH** means we have **too much BAD** cholesterol.

This can stick inside our blood vessels and may lead to heart problems when we get older.

Our **TOP TIPS** on living with FH.

Tip. **1**

stay  
**ACTIVE**

Being physically active benefits every part of the body and makes us feel great.



Your mission...

Why not try a new

**AFTER SCHOOL CLUB ?**

Staying **active** can help us...

- increase our **GOOD cholesterol (HDL)**
- keep a healthy body weight
- Look and feel good
- increase our **MUSCLE strength**
- fight off any **illness**
- sleep well
- have fun and make friends



Healthy eating is important for everyone - not just because we have **FH**.

Choosing to eat better is about making small changes to what we eat.

Just swap some foods for healthier ones more often.



Tip. **2**

eat

**HEALTHY**





# Your mission...

Try eating at least

**FIVE** different types  
of **FRUIT & VEGGIES**  
every day.



These will provide the essential vitamins, minerals and fibre your body needs.

# Choose MORE...



fruits & vegetables



Nuts, seeds & plain popcorn

water

Oatcakes & crumpets



Low fat yoghurt, milk & cheese

vegetable spreads & oils

Lean meat, fish & beans



Brown bread

Muesli or porridge

Brown rice & pasta



# Choose LESS...



-  **Chips**
-  **Crisps, sweets & chocolate**
-  **fizzy, sugary drinks**
-  **Biscuits & cakes**
-  **full fat yoghurt, milk & cheese**
-  **Butter**
-  **sausages, burgers & fatty meat**
-  **White bread**
-  **sugary breakfast cereals**
-  **White rice & pasta**



Tip. 3

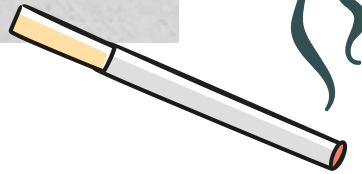
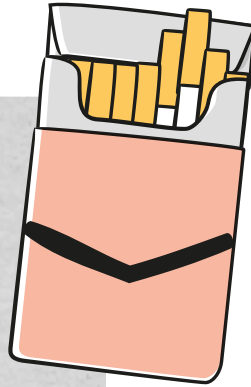
best NOT to  
SMOKE  
or drink  
ALCOHOL



Some of our friends may talk to us about smoking and drinking, but there are lots of reasons why we shouldn't do it.

# Smoking

- > is bad for our health
- > can narrow our arteries (these carry blood to the heart and other parts of the body)



# Alcohol

Alcohol is not safe for young people. Too much is bad for your heart.



# Tip. 4

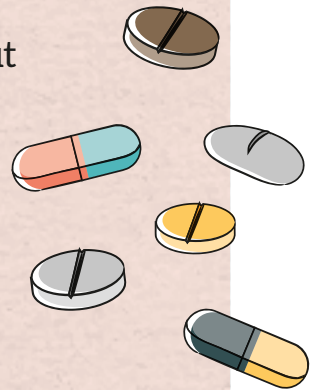
# take your MEDICINES

Your doctor will talk to you about what sort of medicine you need and when you should take it. If you have any worries, talk to your family, doctor or nurse.

You may need to take tablets called **statins**. These help lower your cholesterol by slowing down the amount made in your body.

It's important to keep taking your medicines as these will help to reduce your bad cholesterol.

Even though you can't see what they're doing, they do work!





# Let's recap!

So if you have **FH**, make sure  
you stay **Fit & Healthy**  
by following our top tips.

Tip. **1** stay  
**ACTIVE**

Tip. **2** eat  
**HEALTHY**

Tip. **3** best NOT to drink  
**SMOKE** or **ALCOHOL**




Tip. **4** take your  
**MEDICINES**



**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:



**[www.heartuk.org.uk](http://www.heartuk.org.uk)**

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