

My Family, FH & me



HEART UK
THE CHOLESTEROL CHARITY

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).



Living with FH doesn't cause me any problems.

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



= family



Familial



Hypercholesterolaemia

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:



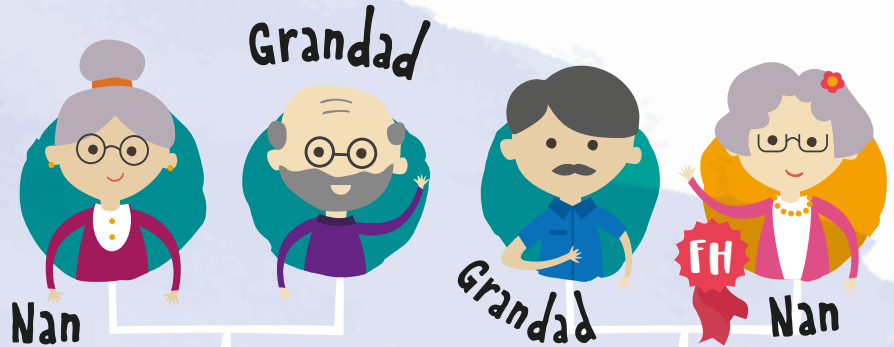
HDL = Good cholesterol

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?

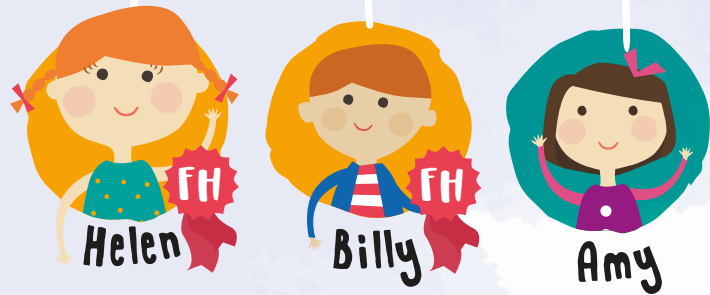


FH is passed down the family. It's just like having the same hair or eye colour as your mum or dad.



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.

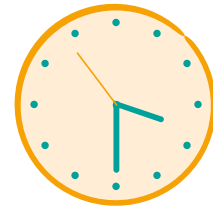
Your doctor will talk to you and your family about what sort of medicine you need and when you should take it.

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.



It's really important to get regular check-ups when you have FH.



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**.



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.

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HEART UK
THE CHOLESTEROL CHARITY

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

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