

Familial Hypercholesterolemia (FH)

An inherited lipid disorder marked by sharply elevated **LDL cholesterol** from birth. Without early detection, silent plaque buildup can trigger heart attacks decades before they would normally occur – sometimes as early as childhood in severe cases.



Who It Affects

- **1 in 250** people worldwide carry heterozygous FH
- **1 in 250,000-300,000** have the severe homozygous form
- Hong Kong & Chinese populations: **~1 in 200-300**
- Fewer than **20%** of cases are diagnosed – a hidden epidemic

1

Silent Early Risk

Untreated patients face a **10-20x higher** risk of coronary artery disease, with heart attacks possible in the 30s-40s.

2

First-Line Therapy

High-dose **statins**, often combined with **ezetimibe** or **PCSK9 inhibitors** to drive LDL down.

3

Cascade Screening

Testing relatives of diagnosed patients is the single most powerful tool to catch FH early and save lives.

✔ **The good news:** FH is one of the most treatable genetic conditions. Early screening and lifelong lipid management can bring cardiovascular risk close to that of the general population.