

## How can FH be detected?

Detection of FH is possible through the measurement of cholesterol in the relatives of those who are affected with FH. Elevated blood cholesterol levels are found in about 50% of family members, while the other 50% have normal cholesterol levels and do not have FH. It is very important to detect the presence of FH in children and young adults in order to institute treatment as early in life as possible.

Talk to your GP!

## How is FH inherited?

Because the gene for FH is a dominant gene, relatives with FH will pass the condition on to their children of whom, on average, 50% will be affected and 50% will be normal. The key to the diagnosis of FH lies in the family tree. One side of the family will have had several members affected by premature death from either heart attack or sudden death from unknown cause (presumed heart attack).

Information Source: The Australian Atherosclerosis Society: FH Australasia Network. <http://www.athero.org.au/FH/index.html>



## Familial Hypercholesterolaemia (FH)

FH is an inherited disorder of cholesterol metabolism leading to premature coronary heart disease.

1 in 500 West Australians have FH but **80%** of cases currently remain **undiagnosed**. The early diagnosis and treatment of FH can delay or prevent the onset of Coronary Heart Disease.

## Activities and Services

- Providing information, advice and support
- Supporting health professional awareness
- Providing a network for individuals and their families with inherited high cholesterol
- Promoting healthier lifestyle options.



## FH Support Group of WA

**Contact a member today:**

Gail 0413 999 875

Waleed at: [faridw01@student.uwa.edu.au](mailto:faridw01@student.uwa.edu.au)

Website: [www.fhfamilysupportgroup.websyte.com.au](http://www.fhfamilysupportgroup.websyte.com.au)

The FHWA nurse can also help with any queries  
Please call: (08) 9224 8092 or email: [fhwa@health.wa.gov.au](mailto:fhwa@health.wa.gov.au)

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## Familial Hypercholesterolaemia Support Group of Western Australia





## Objectives of the group

The aim of the FH Patient Support Group is to improve information, communication and support services for families with FH in Western Australia and help prevent premature deaths caused by high cholesterol and cardiovascular disease by raising awareness of the condition.



## Membership

The FH Patient Support Group is a newly established group. Support groups are a place for people to give and receive both emotional and practical support as well as to exchange information, access information about medical treatments, research and strategies.

The support group is involved with medical, nursing and allied health professionals, families living with FH, carers, supporters and advocates, in partnership with patients to help support those West Australians at risk of inherited high cholesterol and cardiovascular disease.

\* Group membership is currently free, but may change in the future.

### Membership Benefits

- Up-to-date, reliable information
- Prompt response to contacts
- Regular meetings and newsletters
- Access to appropriate professional advisors
- Information seminars

## Membership Registration Form

Name

Address

Phone

Email

Please Indicate

- Person with Inherited Cholesterol
- Parent(s) of a Child with Inherited Cholesterol
- Family Member of Person with Inherited Cholesterol
- Medical Professional
- Other (Please specify) \_\_\_\_\_
- Yes I would like to attend support group meetings
- Yes I would like to subscribe to FH News

Signature

Privacy Statement Available Online

[www.fhfamilysupportgroup.websyte.com.au](http://www.fhfamilysupportgroup.websyte.com.au)

### Please Mail To:

FH Support Group of WA  
c/o Genetic Support Council of WA  
Suite 7, Oasis Lotteries House  
37 Hampden Rd  
NEDLANDS WA 6009

