



Government of **Western Australia**  
Child and Adolescent Health Service



**Perth Children's Hospital**

# FH and me

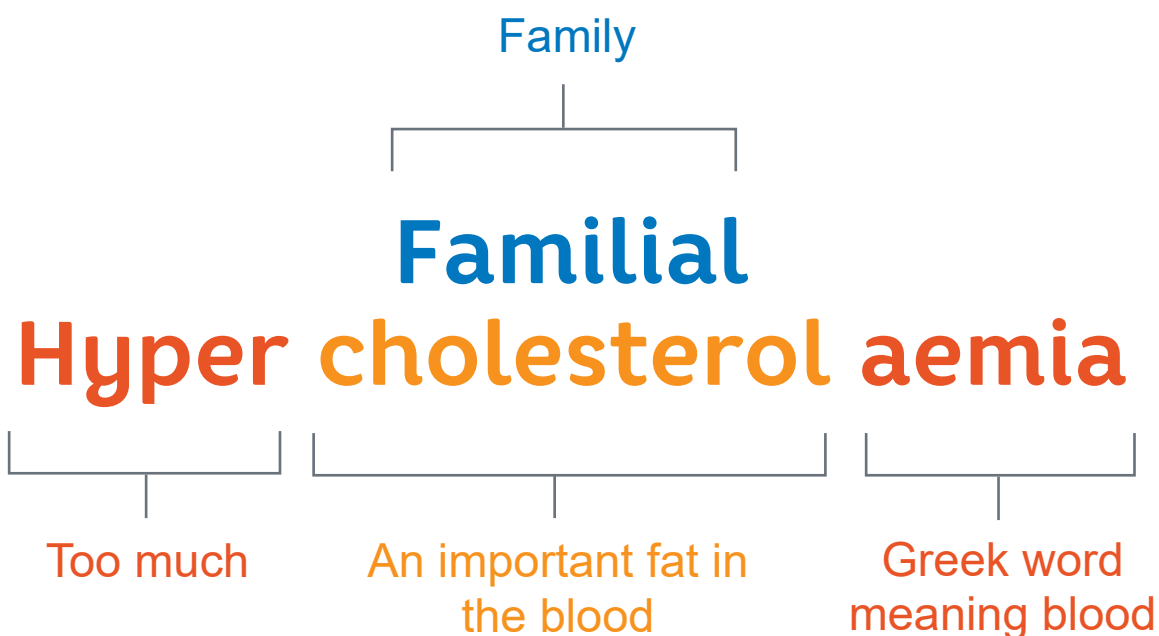
## Familial Hypercholesterolaemia



# Living with FH

Having FH doesn't stop us from being fit and healthy. We just need to be careful about a few things. Let's take a closer look at what FH means and what we can do to stay healthy.

## What does FH mean?



## How do you get FH?

FH is a genetic condition, which means it is passed down from one of your parents just like your eye and hair colour.





## What is cholesterol?

The majority of cholesterol is made naturally in the body and is carried in the blood stream. You can also get some from the foods you eat. There are two types of cholesterol:

**HDL:** good cholesterol

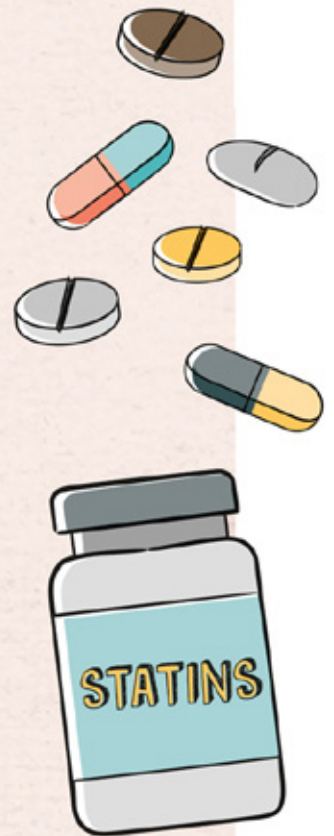
**LDL:** bad cholesterol

Cholesterol is really important to keep our bodies working properly but too much of the bad cholesterol can be unhealthy and may lead to heart problems as we get older.

# Top tips for living with FH

## Tip 1: Take your medicines

- Your doctor will talk to you about what medicine you need and when you should take it.
- If you have any worries, talk to your family, doctor or nurse.
- Your medicine might include statins. These will reduce your bad cholesterol by slowing down the amount your body makes.
- It is important to keep taking your medicine.



## Tip 2: Heart healthy eating

- Healthy eating is important for everyone. Choosing to eat better is about making small changes to what we eat.
- Simply swap some foods for healthier ones more often.



Why not try a new after-school activity?



Mum and dad choose foods that help keep our heart healthy.  
We eat more foods made from plants and less take aways.



## Choose MORE...

- ☒ fruits and vegetables
- ☒ nuts, seeds and plain popcorn
- ☒ water
- ☒ low-fat yoghurt, milk and cheese
- ☒ vegetable spreads and oils
- ☒ lean meat, fish and beans
- ☒ wholegrain/wholemeal bread
- ☒ muesli or porridge
- ☒ brown rice and pasta.

## Choose LESS...

- ☒ fizzy, sugary drinks
- ☒ chips and deep fried foods
- ☒ lollies and chocolate
- ☒ biscuits and cakes
- ☒ full fat yoghurt, milk and cheese
- ☒ butter
- ☒ sausages, burgers and fatty meat
- ☒ take aways or fast food
- ☒ sugary breakfast cereals
- ☒ pastry, biscuits and cakes

Try eating different coloured vegetables and fruit every day. This will give your body the important vitamins, minerals and fibre it needs.



### Tip 3: Stay active

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

Staying active can help us:

- increase our good cholesterol (HDL)
- keep a healthy body weight
- feel strong and have energy to play
- fight off illness
- sleep well
- have healthy skin
- think clearly
- have fun.

## Let's recap

If you have FH, make sure you stay fit and healthy by following our top tips:

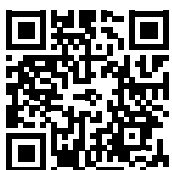
Tip 1: take your medicines

Tip 2: eat heart healthy

Tip 3: stay active



For more information or to talk to someone with FH, reach out to FH Australia.



Scan the QR to visit the  
FH Australia website or email  
[info@fhaustralia.org.au](mailto:info@fhaustralia.org.au)

## More information

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