



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



Perth Children's Hospital

FH, me and my family

Familial Hypercholesterolaemia



Hello!

We live with our mum, dad and sister.

We were born with FH, the same way we
were born with brown hair.



Our hobbies are swimming, walking our dog
and looking after our two guinea pigs.



Living with FH

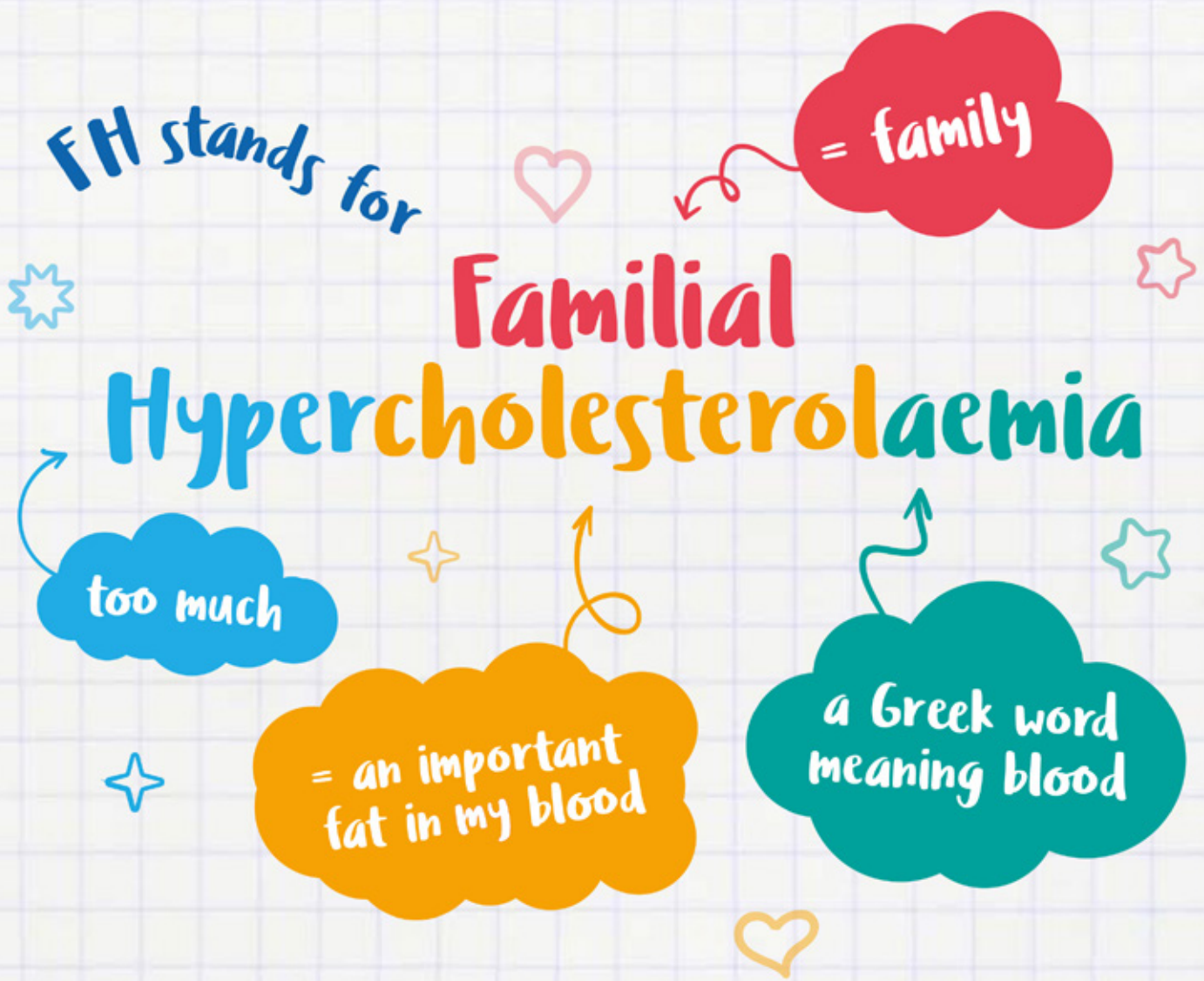
Having FH means my cholesterol is higher than normal.

Sometimes I have to go to the doctor for FH check ups. If you are like me and have FH, we grow up the same as anyone else and can live a healthy life.

I still get to eat lots of yummy foods but not as much junk food.

I'm going to tell you
more about FH and
what it means to me
and my family.





Many people live with FH so you are not alone. Most people don't know they have high cholesterol because they can't see or feel it.

What is cholesterol?

Cholesterol is made in the body and is found in some of the food we eat. There are two types of cholesterol:

HDL: good cholesterol

LDL: bad cholesterol

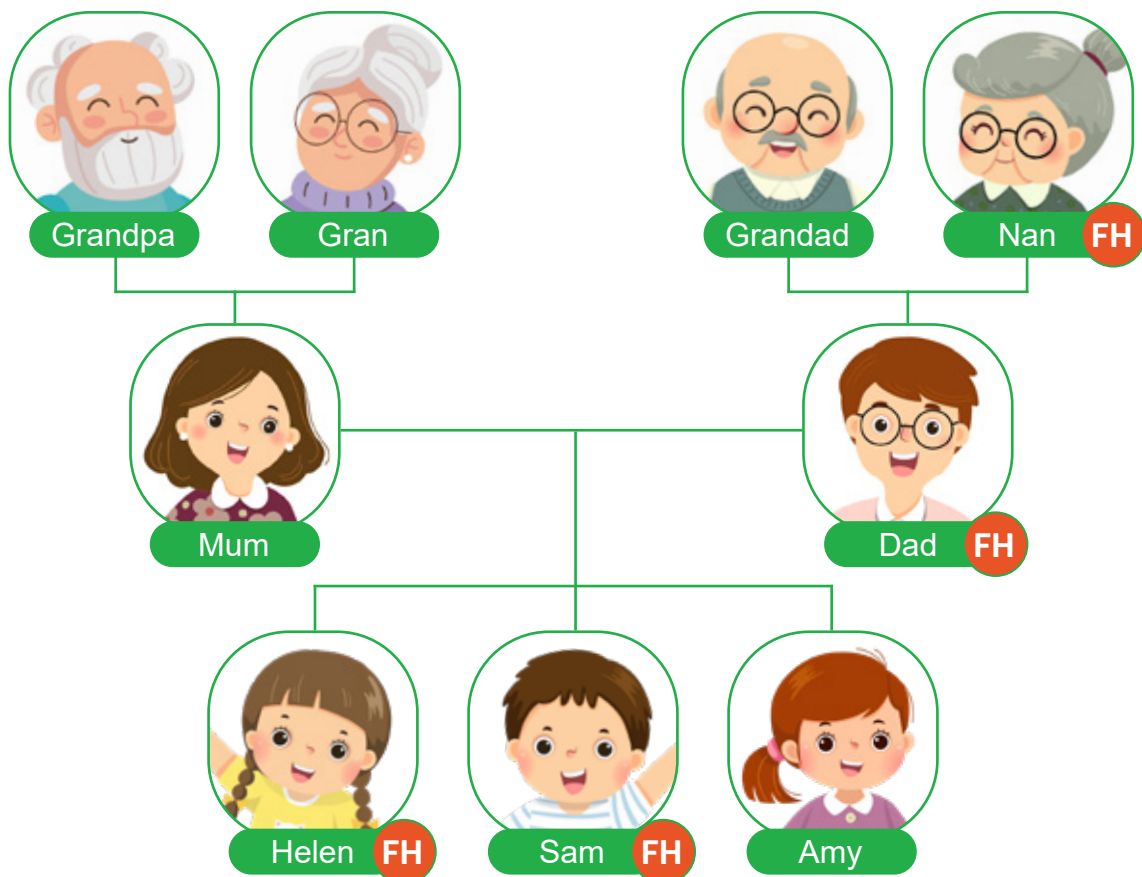
People with FH make too much of the bad cholesterol. Sometimes this can get stuck to the big blood vessels, which carry blood around your body, and can cause heart problems when you get older.

How do you get FH?

FH is passed down through families. You inherit FH from one or both of your parents, just as you do your eye or hair colour.

Two of us have FH, just like our dad.

We drew our family tree to see who has FH.



Information for parents/caregivers

FH is an inherited (genetic) condition that causes high levels of LDL cholesterol (bad cholesterol) starting at birth. It is caused by a faulty gene which is passed from parent to child. This faulty gene stops LDL cholesterol being removed effectively from the blood. Over time LDL cholesterol can build up in the arteries causing blockages which can cause heart attacks. Early diagnosis and treatment of FH, starting in childhood, will lower the levels of LDL cholesterol and prevent its build up in the arteries, so children can expect to have a normal life expectancy.

Why not try drawing your own family tree?





We enjoy cooking as a family!

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



my healthy eating tips



Choose MORE...



- ☒ fruits and vegetables
- ☒ nuts and seeds
- ☒ water
- ☒ lean meat, fish and beans
- ☒ wholegrain/wholemeal bread
- ☒ muesli and porridge
- ☒ brown rice and pasta

Choose LESS...



- ☒ fizzy drinks
- ☒ chips and deep fried foods
- ☒ lollies and chocolate
- ☒ sausages and fatty meat
- ☒ take-aways or fast food
- ☒ sugary breakfast cereal
- ☒ pastry, biscuits and cakes

Plant sterols

- Plant sterols are found naturally in plant foods in very small quantities.
- Consumption of 2-3g/day plant sterols has been shown to reduce LDL blood cholesterol levels by 10-12%. There is no additional benefit observed from having plant sterols at higher amounts (>3g/day).
- In Australia, margarine spread, milk, yoghurt and cereals can be fortified with plant sterols. This provides a convenient way to achieve this higher dose.
- It is NOT recommended to consume additional plant sterols for children under 2 years of age, pregnant, or breastfeeding women who are not under close medical supervision, as plant sterols have not been studied in these groups.



Exercise helps raise the good cholesterol that we need more of.

We love sport and playing outside.

When we get older, it's very important for us to keep taking our medicines.

Medicines help us bring our bad cholesterol levels down.

Our doctor will tell us what medicine we need and when we should take it.

If we have any questions, we should talk to our family, doctor or nurse.



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

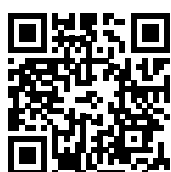
We sometimes have blood tests, so our doctor can check our cholesterol.



Stay healthy like us.



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

More information

Familial Hypercholesterolaemia,

Department of General Paediatrics, Perth Children's Hospital

Address: 15 Hospital Avenue, Nedlands, WA, 6009

Phone: (08) 6456 8358 or mobile 0461 393 580

(Monday to Friday, 8am–4pm)

Email: pch.fh@health.wa.gov.au

Website: pch.health.wa.gov.au/Our-services/General-Paediatrics

Acknowledgement

Use of the information and illustrations in this publication have been possible thanks to the permission of Heart UK.

Produced by: Department of General Paediatrics. Ref: 1658 © CAHS 2025

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