

MY FAMILY'S HEART HISTORY

FILL OUT YOUR FAMILY TREE TO CONSIDER IF YOU MAY BE AT RISK OF FAMILIAL HYPERCHOLESTEROLEMIA (FH).

Knowing your family's heart history is important, as it is one of the factors in diagnosing FH, which predisposes a person to high LDL-C (low-density lipoprotein-cholesterol) and premature cardiovascular disease (CVD).^{1,2}

Fill out your family tree to the best of your ability. If data is unknown, please put N/A.

DISCUSS WITH YOUR DOCTOR IF YOU:

- experienced a cardiovascular event
- have high "bad" cholesterol
- have a family history of early heart attack or stroke

The diagram is a family tree with 13 boxes, each containing the following fields:

- RELATIONSHIP:** (e.g., MATERNAL GRANDMOTHER, FATHER, ME, DAUGHTER/SON)
- LDL-C:** (If known) []
- Heart history:** []

The 'ME' box is highlighted with a red border.

References
 1. Børge G. Nordestgaard, M. John Chapman, et al. Familial hypercholesterolaemia is underdiagnosed and undertreated in the general population: guidance for clinicians to prevent coronary heart disease Consensus Statement of the European Atherosclerosis Society. *European Heart Journal*. Aug 2013;DOI:10.1093/eurheartj/eh273
 2. Goldberg AC, Hopkins PN, Toth PP, et al. Familial Hypercholesterolemia: Screening, diagnosis and management of pediatric and adult patients. *J Clin Lipidol*. 2001;5: 51-58.