Lifestyle Advisories

The earlier you treat FH, the better the outcome!

Even though FH is a genetic disease, a combination of medications and lifestyle changes can effectively lower cholesterol levels and the risk of heart disease, often to normal levels.

Eat Smart. Move More. Stay Healthy!

- Make heart-healthy food choices.
- Stay physically active.

Visit www.myheart.org.sg and www.hpb.gov.sg for more ideas on how to eat and live healthily.

Get your family members screened!

- Each child of a person with FH has a 50% chance of inheriting the condition.

Encourage your family members to get screened, even if they are young and feel well. Even when diagnosed in adulthood, consistent treatment can significantly reduce the risk of heart disease.

Genomic Assessment Centre (GAC) @ TTSH Clinic 4B
TTSH Medical Centre, Level 4

Contact (General Enquiries):
+65 6357 7398 (Calls)
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Scan the QR Code with your smart phone to access the information online or visit https://nhghealth.com.sg

Tan Tock Seng Hospital
NHG Health

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Tan Tock Seng Hospital
NHG Health

Adding Years of Healthy Life

Centre for Precision and Genomic Medicine (CPGM)

Familial Hypercholesterolaemia (FH)



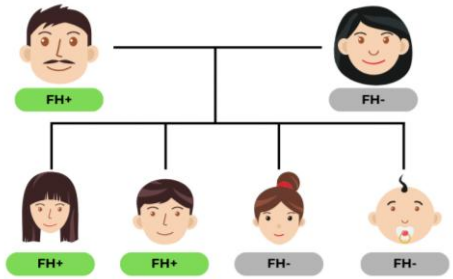
Overview

Very high cholesterol could be due to an inherited condition known as Familial Hypercholesterolemia (FH). About **1 in 140 Singaporeans have FH**, but many do not know they have it.

People with FH often have very high levels of LDL (low-density lipoprotein) cholesterol. If untreated, FH can greatly increase the risk of early heart disease. Finding it early can help you and your family take action.

Causes

FH is caused by a change in a gene that is passed down from one or both parents. If one of your parents has FH, you have a 50% chance of having it too.



Genetic testing can make a big difference for your health and your family members.

Signs & Symptoms

You might have FH if:

- You have high LDL ("bad") cholesterol
- You had a heart attack or stroke at a young age
- You have family history of high cholesterol, FH, or early heart disease

However, many people have no symptoms and may not know they have the condition until tested.

Watch how getting answers about FH empowered one patient to protect both their own health and their family's wellbeing.

Detection

FH can be detected through genetic testing using a simple blood test. You may be eligible for subsidised testing under MOH National FH Programme at NHG Health Genomic Assessment Centre (GAC) if:

- You are a Singapore Citizen or Permanent Resident above 18 years old
- You have LDL cholesterol level of ≥ 5.5 mmol/L (≥ 212 mg/dL)

Because FH is an inherited condition, identifying one person with FH can help uncover at-risk relatives who may also benefit from testing and early treatment.

See how genetic testing helped confirm FH and guide a personalised treatment plan for a young patient.

Treatment

FH is treatable, and treating it early can lower the risk of heart disease.

- Statins are the most common medication used to treat FH, but some people with FH need a combination of medications, such as injectable cholesterol-lowering medications.
- Alongside medication, a heart-healthy diet and regular physical activity are important parts of managing FH.

What does FH Screening involve?



Your doctor refers you to NHG Health GAC with your LDL results.



A Genetic Counsellor will collect information about your health and family history, and offer genetic testing for FH if appropriate.



If you agree to testing, you will have a simple blood draw.



The Genetic Counsellor will go through the results with you when they are available and inform your doctor.



Your doctor will develop treatment plan with you accordingly.

Interested in FH Screening?

Speak to your family doctor to find out whether you may be eligible for referral to the NHG Health GAC.

Financial Considerations

After Medisave, the average out of pocket cost is $61.50 for probands (first person in a family to be tested), and $26 for cascades (family members tested after an initial diagnosis).

Insurance Considerations

Results from the National FH Programme will not affect your existing insurance policies.

Your Genetic Counsellor will explain these details during your visit to the clinic. For further enquiry, please contact us.