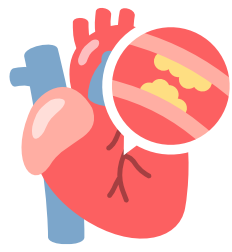


The Achilles in Familial Hypercholesterolemia Research Study



What is Familial Hypercholesterolemia (FH)

- FH is an **inherited genetic condition** that causes very high cholesterol levels.
- About **1 in 140** Singaporeans have FH.
- Physical signs (seen in less than 30% of people with FH) consist of:
 - Tendon Xanthomas - e.g swellings over Achilles tendon.
 - Corneal arcus - a grayish ring around the edge of the cornea.

Study Aim

To use both medical signs and genetic testing to confirm if someone has FH.

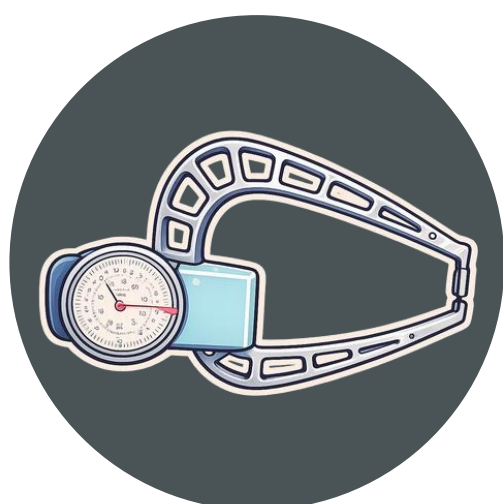


Eligibility Criteria

- Age 21-70 years old.
- LDL-c reading within past 12 months.
- 3 Participation Groups:
 - Healthy Controls - LDL-c $\leq$ 3.3 mmol/L or TC $\leq$ 5.2 mmol/L.
 - Hyperlipidemia (non-FH) - LDL-c $\geq$ 4.1 mmol/L, negative FH genetic test.
 - Hyperlipidemia (FH) - LDL-c $\geq$ 4.1 mmol/L, positive FH genetic test.



What will be done in the study



Vernier calipers to measure external achilles tendon width.



Ultrasound Measurement to measure thickness and width of achilles tendon.



Body mass composition measurement.
***Only** for patients with Hyperlipidemia.

- Medical records will be extracted.
- *Participation is **voluntary**.*
- The study will take approximately **50-80** minutes.

For more information, please contact:

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