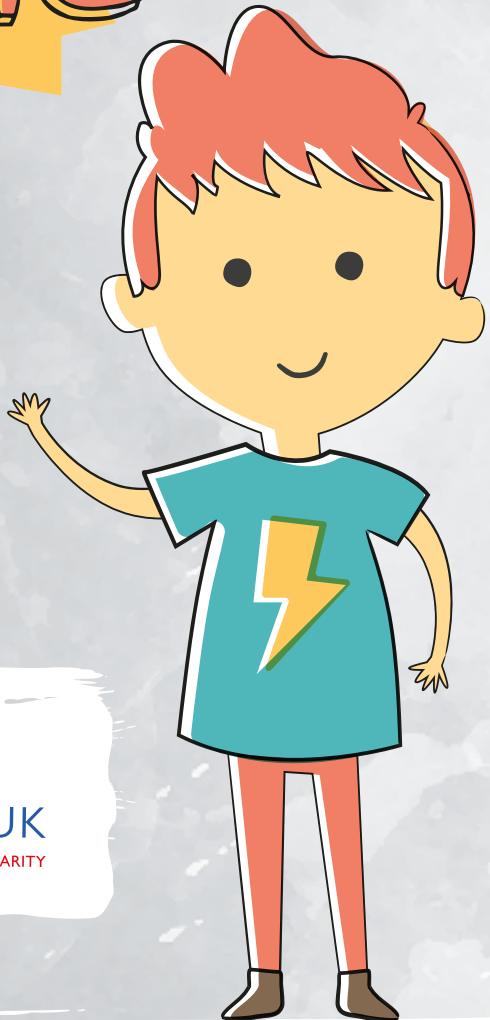


FH & me



HEART UK
THE CHOLESTEROL CHARITY

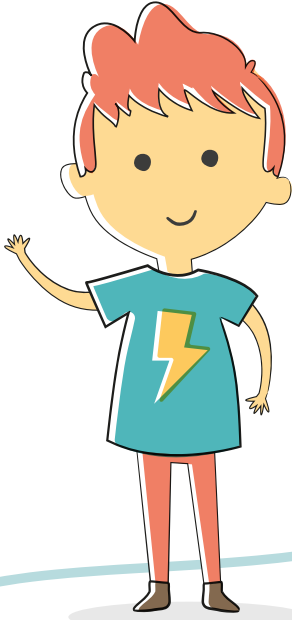
Living with FH

Having **FH** means we can grow up the same as anyone else and live a

**Fit &
Healthy**
life.



There are just a few things we need to pay attention to.

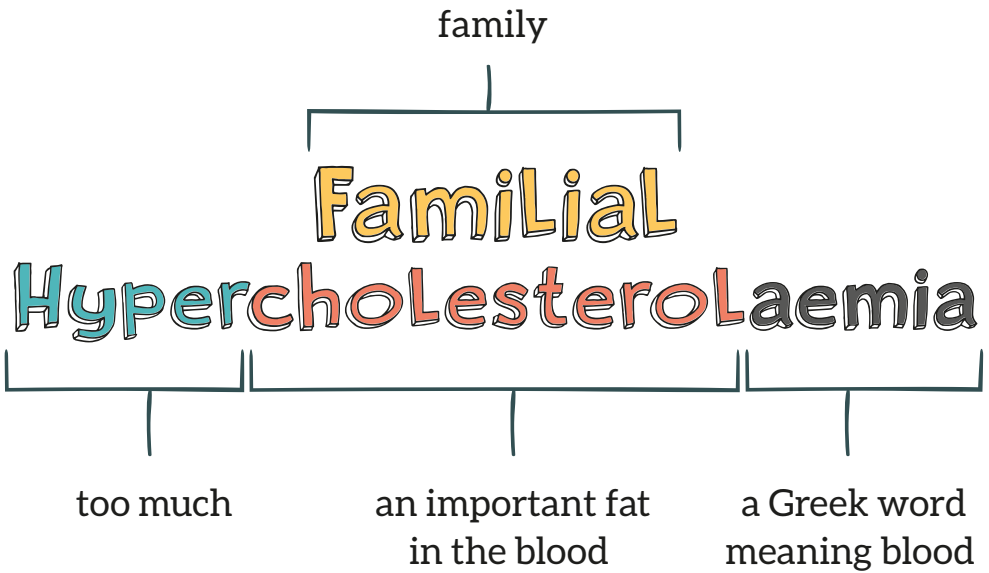


So let's take a closer look
at what it means and
investigate some of

our **TOP TIPS** on living with FH.



So, what does FH mean?



How do you get FH?

FH is a genetic condition, which means it is passed down through the family.



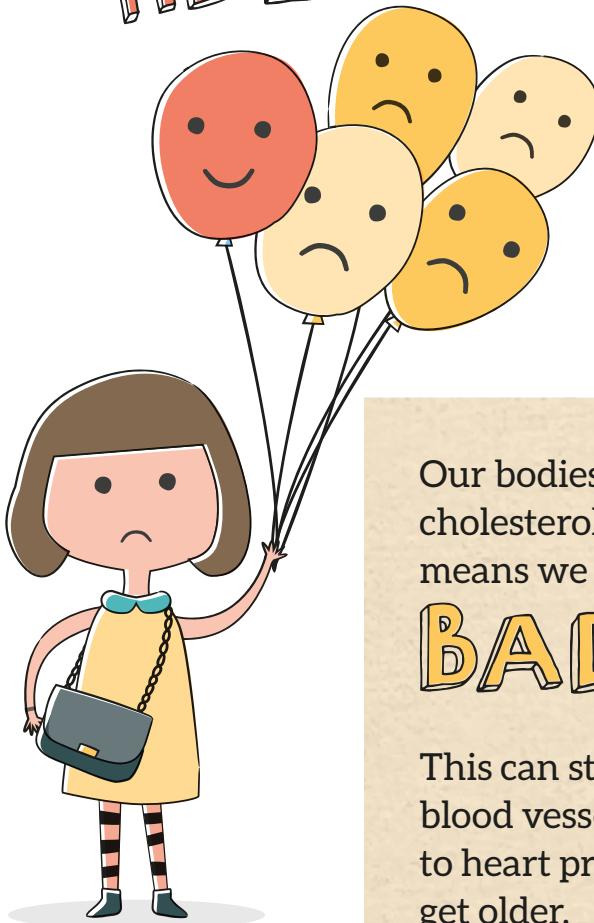
What is cholesterol?

Cholesterol is made in the body and is found in some of the food we eat.

There are two types:

HDL = GOOD
cholesterol

LDL = BAD
cholesterol



Our bodies need cholesterol, but having **FH** means we have **too much BAD** cholesterol.

This can stick inside our blood vessels and may lead to heart problems when we get older.

Our **TOP TIPS** on living with FH.

Tip **1**

stay ACTIVE

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



Your mission...

Why not try a new

AFTER SCHOOL CLUB ?

Staying **active** can help us...

- increase our GOOD cholesterol (HDL)**
- keep a healthy body weight**
- Look and feel good**
- increase our muscle strength**
- boost our immune system**
- sleep well**
- have fun and make friends**



Healthy eating is important for everyone - not just because we have FH.

Choosing a healthier diet is about making small gradual changes to what we eat.

Swap those less healthy habits with great new healthy ones.



Tip. **2**

eat

HEALTHY

Your mission...

Try eating at least

FIVE different types
of **FRUIT & VEGGIES**
per day.

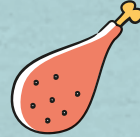


These will provide the essential vitamins, minerals and fibre the body needs.

Choose MORE...



fruits & vegetables



Nuts & seeds

water

Oatcakes & crumpets



low fat yoghurt, milk & cheese

vegetable spreads & oils

Chicken, fish & eggs

Brown bread



Muesli or porridge

Brown rice & pasta



Choose LESS...



X Chips

X Crisps, sweets & chocolate

X fizzy, sugary drinks



X Biscuits & cakes

X Full fat yoghurt, milk & cheese

X Butter



X Sausages, burgers & pizza

X White bread



X Sugary breakfast cereals

X White rice & pasta



Tip. 3

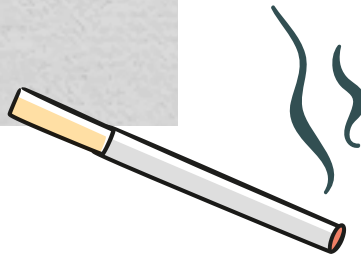
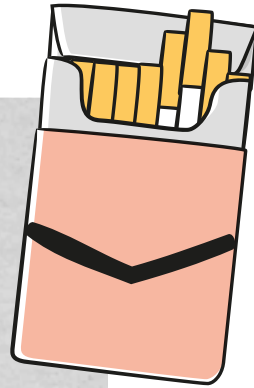
best NOT to
SMOKE
or drink
ALCOHOL



Some of our friends may talk to us about smoking and drinking, but there are lots of reasons why we shouldn't do it.

Smoking

- is bad for our health
- can narrow our arteries (these carry blood to the heart and other parts of the body)



Alcohol

- increases our **bad cholesterol** (LDL)
- decreases our **good cholesterol** (HDL)

Tip. 4

take your MEDICINES

It's important to keep taking our medicines as these will help to reduce our bad cholesterol.

Even though you can't see what they're doing, they do work!

You may need to take tablets called **statins**. These help lower your cholesterol by slowing down the amount made in your body. Statins are small tablets that you usually take every night.

Your doctor will talk to you about what sort of medicine you need and when you should take it. If you have any worries, talk to your family, doctor or nurse.



Let's recap!

So if you have **FH**, make sure
you stay **Fit & Healthy**
by following our top tips.

Tip. **1** stay
ACTIVE

Tip. **2** eat
HEALTHY

Tip. **3** best NOT to drink
SMOKE or **ALCOHOL**

Tip. **4** take your
MEDICINES



HEART UK

THE CHOLESTEROL CHARITY

FH
& me



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