

Living with Familial Hypercholesterolaemia (FH)?

Join a friendly community helping to improve FH care!

What is this about?

People living with FH and their families are coming together to share real-life experiences so that care gets better, earlier, and easier. With **FH Europe Foundation**, the European patient network for FH, we're running the **FH-EARLY** project to learn what matters most to you.

Who can take part?

- Adults living with FH or supporting someone with FH (parents, partners, caregivers).
- You can join from anywhere online (if you're not sure you have FH, but have been told that you have very high cholesterol or a family history, you're welcome too).

What will we be asking about?

- What it looks like living with FH
- Everyday challenges and what helps in your daily life
- The type of support you get from friends/ family and what support is missing
- Your thoughts on new tools we're testing as part of the project:
 - a quicker, lower-cost genetic test for FH,
 - a new blood test to understand personal heart risk, and
 - a helpful app (digital assistant) that answers questions and tracks your FH care.

Your voice matters, and together we can help
improve the future of care for people living with FH!

What will you do? Please select to participate in:

Online group chat (60-90 min.) - talk with others about daily life with FH



<https://forms.gle/xXVbGSy5GwCmfDv86>

and/or Online survey (~20 min.) - share your views in your own time



<https://forms.gle/FYbYMIJ4CwN85HDM9>

Additional questions?

Please contact Magda (anthousi@fheurope.org) / Cristina (cristina_ghita@ino-med.ro)

Additional support

Living with FH can sometimes be challenging not only medically, but also emotionally. During the project we will also share information about available support resources, including psychological support options.

For more details about psychological and psychosocial support in France please scan:



<https://www.service-public.gouv.fr/particuliers/vosdroits/F34917>

or contact Maria Nassif, Patient Ambassador for FH Europe Foundation (email) or Dr. Antonio Gallo (antonio.gallo@sphp.fr)