

GUIDED PATIENT JOURNEY

Improving Outcomes in Patients with **FAMILIAL HYPERCHOLESTEROLEMIA:**

A Focus on Earlier Diagnosis, Treatment Selection, and Multi-Disciplinary Care



ACCESS PROGRAM HERE <http://impact-cvd.com/patient-journey>

This **Guided Patient Journey** is designed as a rich, interactive tool for patients to help them grasp some of the challenging concepts in FH at a patient-friendly level. We hope this tool will educate patients on their disease; help them realize that by understanding how FH works they can understand what treatments might work for them, and drive them to have more informed discussions with their clinician.

We start by taking the patient through basic introductory information on FH. We then lead them through initial concepts in treatment such as which cholesterol levels should be lowered, how to set LDL-C goals with your doctor, and what treatments are available. Finally, we included a section on “Getting the Most from Treatment” in which we discuss often-overlooked ideas that will improve overall FH treatment. These include setting the right expectations, adhering to medication, and taking a team-based approach to care.

Facing Familial Hypercholesterolemia: A Guided Patient Journey

CLICK TO BEGIN

Progress will be lost if this journey is closed. Please do not close the journey until it is completed.

Managing Familial Hypercholesterolemia (FH)

Treatment for FH most often includes lifestyle changes (things like diet changes and exercise), medications, and/or LDL apheresis.

Treatments to Lower Cholesterol

HERE YOU CAN CLICK ON HEFH OR HOFH. Depending on what you choose, the "Medication" box below will update with choices that are approved by the FDA.

Lifestyle changes

- Eat heart healthy foods (nuts, whole grains, etc)
- Avoid trans fats (not more dark leafy greens, blueberries, nuts and seeds, lean meat)
- Eat more omega 3 fatty acids (found in fish, supplements)
- Increase soluble fiber (eat more fruit, vegetables, beans, peas, oats, and barley)
- Add soy protein
- Exercise more
- Stop smoking

These changes are more effective for HEFH. HEFH may have little effect on HOFH.

Medication

Statins
Ezetimibe
Alirocumab
Evolocumab
Bempresic acid
Inclisiran

Other medication (not common): bile acid sequestrants, niacin, acid, mipomersen

LDL apheresis

Physical removal of LDL from the blood. A patient's blood is cycled through a machine that separates it. As blood flows through the machine, cholesterol is absorbed and removed. It takes 2-4 hours and is repeated every 2-3 weeks.

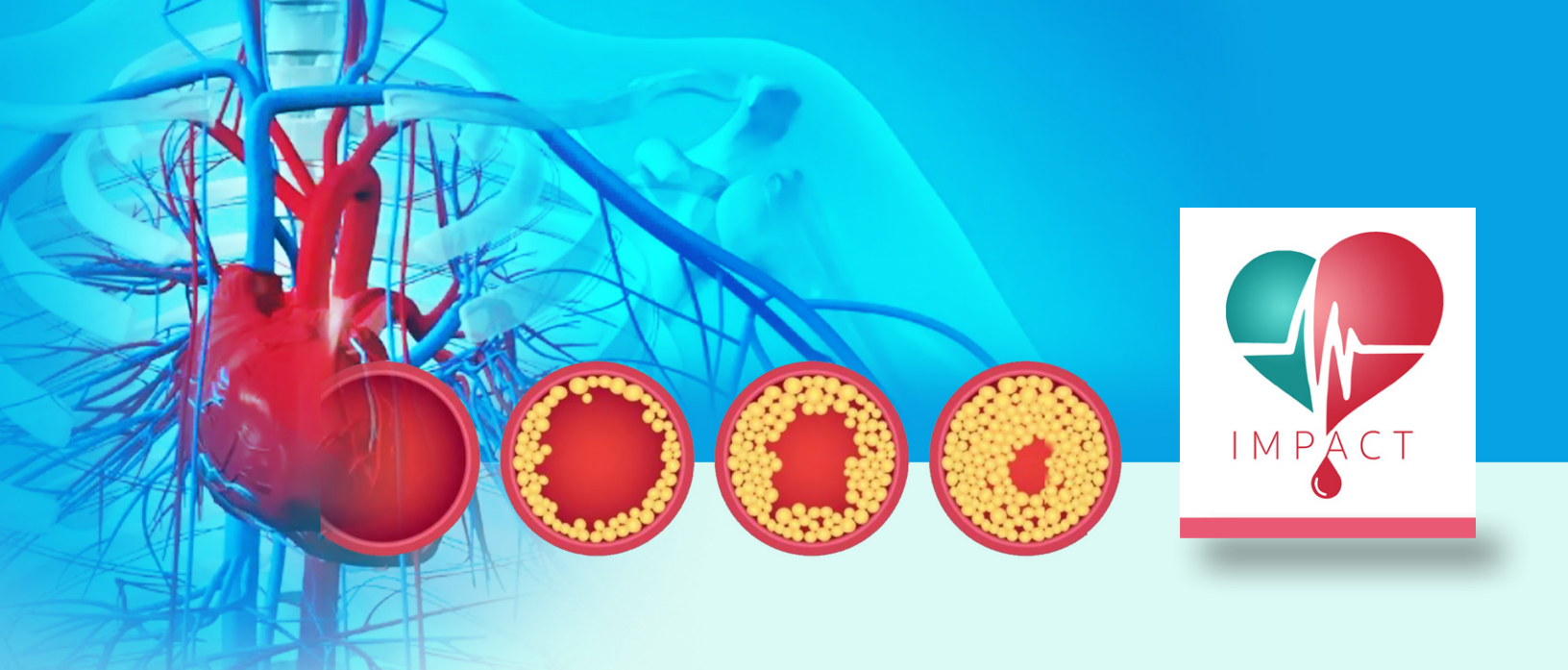
Managing Familial Hypercholesterolemia (FH)

Which Cholesterol Levels Should Be Lowered?

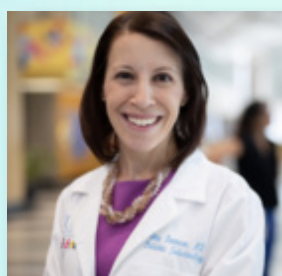
Set LDL-C Goals to Lower Cholesterol

Treatments to Lower Cholesterol

[HTTPS://IMPACT-CVD.COM/](https://impact-cvd.com/)



Improving Outcomes in Patients with **FAMILIAL HYPERCHOLESTEROLEMIA:** A Focus on Earlier Diagnosis, Treatment Selection, and Multi-Disciplinary Care



FACULTY

Amy E. Levenson, MD

Associate Professor of Pediatrics

Division of Pediatric Endocrinology

University of North Carolina School of Medicine

Chapel Hill, NC

CLICK HERE TO LISTEN TO THE PODCASTS

DIGITAL LEARNING LAB

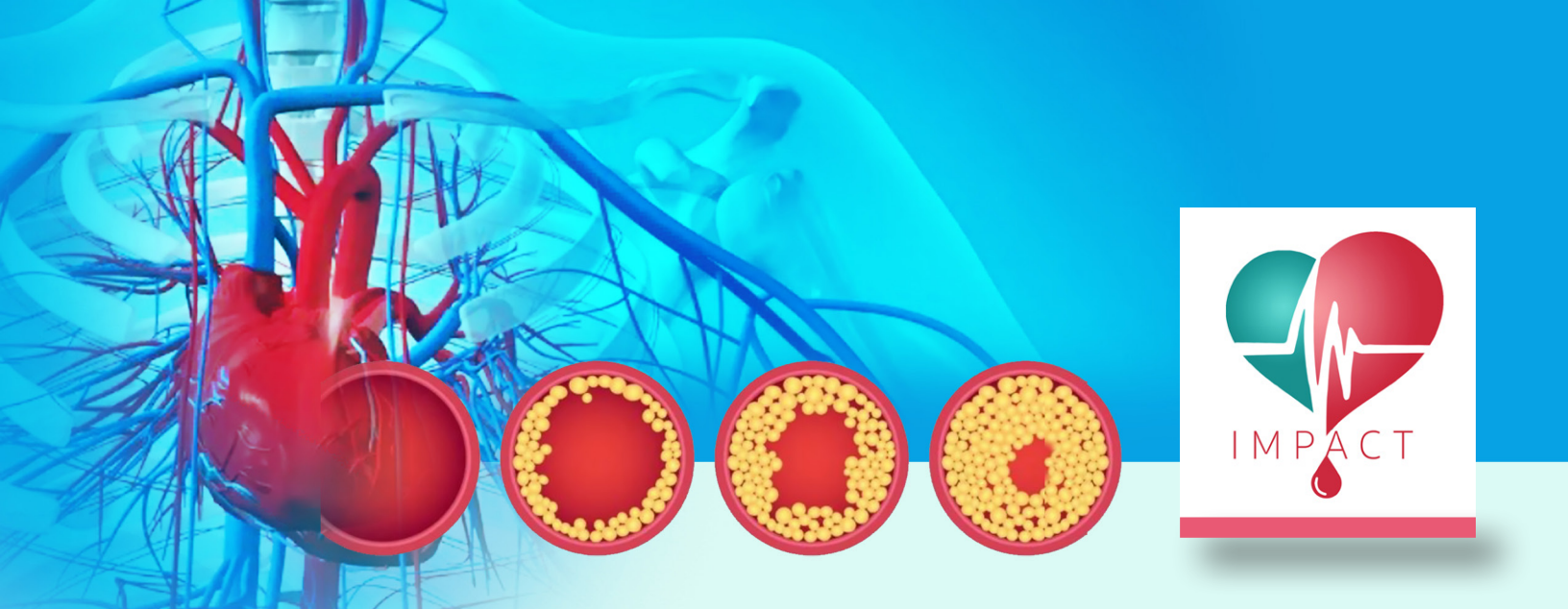


ADDITIONAL RESOURCES

CREATE A COMPLIMENTARY POSTER

<https://impact-cvd.posterprogram.com/>





Improving Outcomes in Patients with **FAMILIAL HYPERCHOLESTEROLEMIA:** A Focus on Earlier Diagnosis, Treatment Selection, and Multi-Disciplinary Care



FACULTY

Geoffrey C. Wall, PharmD, FCCP, BCPS

John R. Ellis Distinguished Chair of Pharmacy Practice

Professor of Clinical Sciences

Director, Drake Drug Information Center

Drake University College of Pharmacy and Health Sciences

Internal Medicine Clinical Pharmacist

Iowa Methodist Medical Center

Des Moines, IA

CLICK HERE TO LISTEN TO THE PODCASTS

DIGITAL LEARNING LAB



ADDITIONAL RESOURCES

CREATE A COMPLIMENTARY POSTER

<https://impact-cvd.posterprogram.com/>

