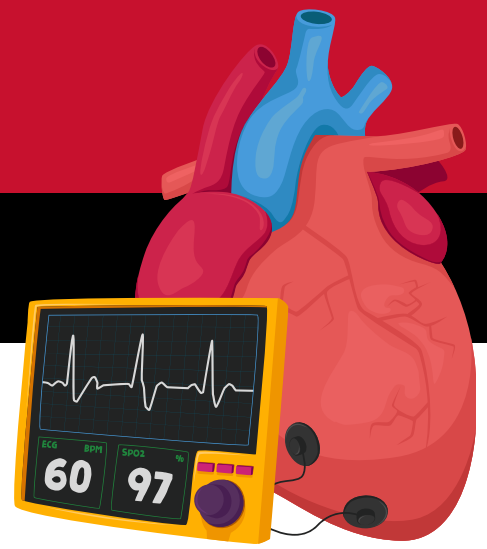


High Cholesterol

Know Your Risk



WHAT FACTORS INCREASE LDL CHOLESTEROL?

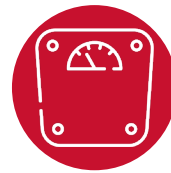
Behavioural habits, genetics or medical conditions can **increase** your chance of developing **high LDL cholesterol** including:



An unhealthy diet



Lack of physical activity



Excess body weight



Tobacco use



Family history of high cholesterol



Family history of heart disease or strokes



Medical conditions: diabetes, hypertension

Cholesterol levels **rise** as you get older. Some ethnic groups have **higher risk** of having high cholesterol.

HOW DO GENETICS CAUSE HIGH LDL CHOLESTEROL?

High LDL cholesterol can be **inherited** due to a common **genetic condition** called familial hypercholesterolaemia, or FH.

FH is passed down through families. If one family member is diagnosed with FH, it is very important that all members of the family screen for the condition. Each child of a person with FH has a **50% chance** of inheriting it.

