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.