

# Do you know your family cholesterol history?

Use this tool to learn more about your ancestor's cholesterol history. When this tool is complete, share it with your healthcare provider to determine if you or your children might be at risk for **familial hypercholesterolemia (FH)**.

For additional information on heart disease and FH visit [www.learnyourlipids.com](http://www.learnyourlipids.com).



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GRANDPARENT

- High Cholesterol
- Early Heart Disease
- High Blood Pressure
- Diabetes

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YOUR NAME

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- High total cholesterol or LDL (bad) cholesterol
- Low HDL (good) cholesterol
- Smoking or exposure to second-hand smoke
- Physical inactivity

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SIBLING

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CHILD

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