*Instructions: Please find below recommended text for a letter to your family members. Please read through this template, fill in appropriate information, and make any additional changes you feel appropriate. Additionally, it is recommended that you* ***attach your lipid panel results and genetic testing results (if any)****. These documents will be important for your family members when they speak with their healthcare provider. This document is only relevant to blood relatives and not “in-laws.” This includes parents, grandparents, children, sisters, brothers, aunts, uncles, nieces, nephews, and cousins.*

Dear **[xx]**,

I am writing to tell you that I was recently diagnosed with an inherited condition called familial hypercholesterolemia (FH). FH is a genetic condition that causes high cholesterol levels and increases my risk of developing heart disease or having a heart attack if left untreated. Luckily, heart disease due to FH is preventable, and I can take medicine to lower my cholesterol. While I am trying to stay healthy by eating right and exercising, I’ve learned that FH cannot be treated through lifestyle choices alone, which is why it was important for me to take cholesterol-lowering medicine right away.

Since FH is a genetic (inherited) condition that runs in families, you may be at increased risk for FH. Most people with FH don’t know they have it­—even if you feel healthy or have no physical signs of FH, you could benefit from talking to your healthcare provider about getting checked for FH. Your healthcare provider might recommend having a lipid panel test, which measures your total cholesterol and low-density lipoprotein (LDL) cholesterol, also known as “bad cholesterol.” I’ve attached my lipid panel results, which you should share with your healthcare provider.

My parents **[and if you have any brothers/sisters/children put them here]** have a 50% chance of having FH. My other blood relatives (aunts, uncles, nieces, nephews, and cousins) might also have FH. I had genetic testing which found a genetic change (mutation) for FH. I have attached information about my genetic testing results, which you should share with your healthcare provider. If you decide to get genetic testing, you should be tested for the same mutation that I have. ***(Only include the yellow highlighted section if you had genetic testing for FH and a mutation that causes FH was found.)*** I had genetic testing for FH but no genetic change (mutation) was found. Not all of the genetic changes that cause FH are known, so some people with FH do not have a mutation found with genetic testing for FH. I have attached information about my genetic testing results, which you should share with your healthcare provider. ***(Only include the blue highlighted section if you had genetic testing for FH and a mutation that causes FH was not found.)***

You should discuss FH with your healthcare provider, who may refer you to a lipid specialist or genetic counselor. You can find the genetic counselor closest to you at [www.nsgc.org](http://www.nsgc.org).

For more information about FH and heart disease, here are some helpful resources:

* The FH Foundation (<http://www.thefhfoundation.org/>)
* The American Heart Association (<https://www.heart.org/en/health-topics/cholesterol/causes-of-high-cholesterol/familial-hypercholesterolemia-fh>)
* Familial Hypercholesterolemia  
  <https://www.cdc.gov/genomics/disease/fh/FH.htm>
* Knowing Your Risk for High Cholesterol <https://www.cdc.gov/cholesterol/risk_factors.htm>

While it can be concerning to learn that FH runs in our family, there are many resources available for those of us with FH, and I want to make sure that our family knows about this important information.

Sincerely,

**[ ]**