

## Appendix 2. Family letter provided to index cases to pass onto relatives

**Familial Hypercholesterolaemia Clinical Support Service**  
Royal Prince Alfred Hospital

LIPID SPECIALIST

GENETIC COUNSELLORS

RESEARCH NURSES

Genetic File:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Dear family member,

A relative of yours has been diagnosed with a genetic condition called familial hypercholesterolaemia (FH). This condition causes high cholesterol and increases the risk of getting heart disease at a young age.

FH runs in families so there is a risk that you also have FH. Fortunately, therapy is safe, easy, and effective at lowering the risk of heart disease.

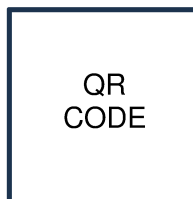
Your local GP can help to check if you have FH. This can be done through:

- 1) LDL-cholesterol check (blood sample), or
- 2) Genetic testing (blood or saliva sample)

We urge **all relatives** of a person with FH to have an LDL-cholesterol check. Genetic testing for FH is voluntary and Medicare rebated for at-risk relatives. Your GP can arrange testing for the specific FH genetic variant in the \_\_\_\_\_ **gene**, identified in your family.

They will need the reference **laboratory ID number MD** - \_\_\_\_\_.

Please provide your contact details by scanning the QR code below. Someone from the RPA Hospital Vascular Health Clinic will be in touch to provide information to you and your GP to help with arranging this testing:



Or, click on the link: <http://redcap.link>

You are also welcome to talk with one of our genetic counsellors on (xx) xxx xxxx or email [clinic email]

Yours sincerely,  
The FH Clinical Support Service

**Useful information on FH:**

- Australian Atherosclerosis Society what is FH - <https://www.athero.org.au/fh/patients/what-is-fh/>
- World Heart Federation what is FH video - <https://youtu.be/4YwdFSN3xpA>

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