

The FH Foundation Raises Awareness About Familial Hypercholesterolemia With Help From Advocates

/EINPresswire.com/ [The FH Foundation](http://www.theFHfoundation.org) Advocates for Awareness program trains volunteers to raise awareness of FH. Advocates share stories about living with [familial hypercholesterolemia](#) as well as treatment options that can help minimize the risk of [genetic heart disease](#).

SOUTH PASADENA, CA -- The FH Foundation has initiated a new program, which empowers individuals to raise awareness of familial hypercholesterolemia (FH) by sharing their journeys with this potentially life-threatening disorder. FH affects 1 in 500 people worldwide, is associated with genetic heart disease and can lead to aggressive cardiovascular disease in people of all ages if left untreated. Although it is a fairly common disorder, only 10-20% of people with FH have been properly diagnosed. The FH Foundation wants to increase that percentage and is using this exciting opportunity to help individuals with FH and their families learn more about FH and make a difference in how it is diagnosed and treated.

"The Advocates for Awareness program puts real people who have been affected by FH out there raising awareness of the condition. These volunteers connect with others who've been diagnosed and act as a voice for these individuals. We are currently seeking individuals to become Advocates and will be offering a weekend speaker training session for those individuals this spring," explained Katherine Wilemon, Board President, The FH Foundation (<http://www.theFHfoundation.org>).

The Advocates for Awareness Program trains volunteers on how to best present their personal stories to healthcare professionals and lead community outreach efforts to raise awareness of FH, including lifestyle changes, diet and treatment options. Participants will receive in-depth education on the facts related to the condition along with speaker training, tools and talking points. This preparation will help them talk about FH to individuals living with the disorder, policymakers and health care providers alike. This educational campaign is also a way for individuals with FH and their family members to understand FH better and empower both themselves and others who are affected by this chronic condition.



The FH Foundation
Advocates For Awareness Program

"We are really training people to become their own advocates. FH is incredibly widespread but severely under-diagnosed. Many healthcare providers don't even fully understand the disorder which makes it hard to receive a diagnosis and proper care. The Advocates program takes the volunteer's personal experience and turns that into advocacy for everyone living with FH. Not only that, it can help connect those living with FH with the Foundation so they can get the support they need to make informed decisions regarding their own healthcare," explained Wilemon.

The advocacy program is just one way that the FH Foundation seeks to raise awareness of familial hypercholesterolemia (FH). The organization devotes a significant amount of time and resources to educating the public, healthcare providers and policymakers about FH and assisting with research efforts into the disorder.

About The FH Foundation: The mission of the FH Foundation is to raise awareness of FH (familial hypercholesterolemia) through education, advocacy, and research. Our goal is to save lives by increasing the rate of early diagnosis and encouraging proactive treatment. If left untreated this life-threatening genetic disorder leads to aggressive cardiovascular disease in men, women, and children.

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