

# FHSC

EAS Familial  
Hypercholesterolaemia  
Studies Collaboration

Autumn 2024  
Issue 29

## NEWSLETTER

### FHSC Featured Publication: Diabetes in FH

*Article on page 2*



### CONTENTS

❑ FHSC Publication in The Lancet Diabetes & End.....	2
❑ National Lead Investigators Reports.....	3
❑ News From FH Europe Foundation.....	4
❑ Launch of the EAS – LIPRA Newsletter.....	5
❑ Save the date–8th EAS Paediatric FH Symposium.....	6
❑ Get involved.....	7

## FHSC Publication in The Lancet Diabetes

### THE LANCET Diabetes & Endocrinology

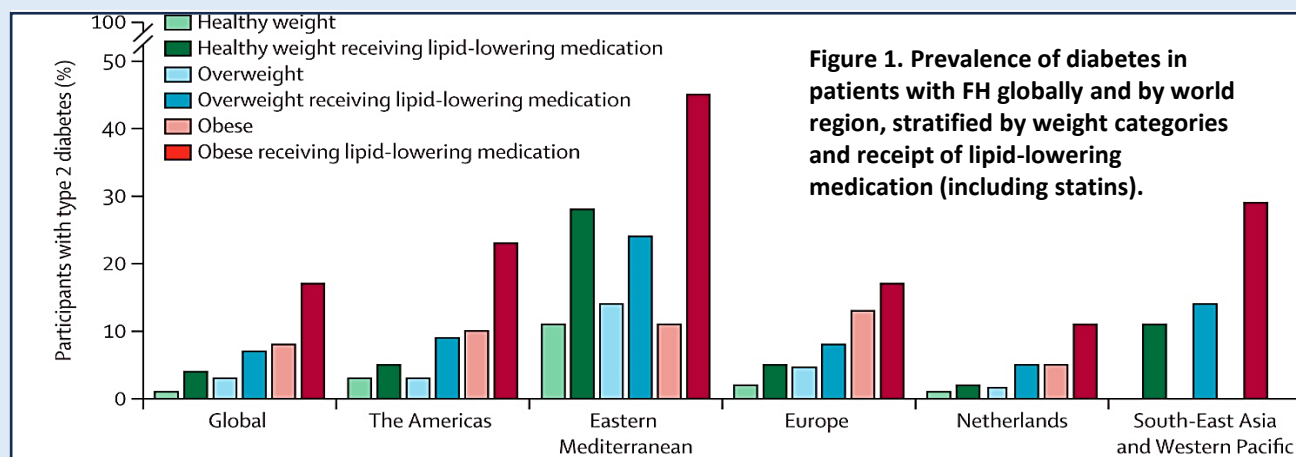
Association of BMI, lipid-lowering medication, and age with prevalence of type 2 diabetes in adults with heterozygous familial hypercholesterolaemia: a worldwide cross-sectional study

European Atherosclerosis Society Familial Hypercholesterolaemia Studies Collaboration (EAS FHSC) <sup>†</sup>

Links:  
[Article](#)  
[Commentary](#)

We at the FHSC are delighted to share our recent publication exploring global diabetes prevalence in patients with FH, and how obesity and statin use interact to predict diabetes.

This work celebrates the dedicated collaboration of FHSC investigators from 44 countries; and uses baseline data shared by FHSC National Leads over many years, from 2015-2022.



Read the key take-home messages in the [EAS newsletter](#)

### What's next?

Building on these cross-sectional findings, we plan to investigate how obesity and statins relate to future development of diabetes in FH. For this we will use **FHSC prospective data**, currently being contributed by FHSC National Leads.

## Iraqi FH advocacy group celebrates FH Awareness Month.



For the first time since its launch, the Iraqi FH advocacy group spoke about FH Awareness to the people of Iraq.

San Fatih, a resident doctor in internal medicine and the head of the Iraqi FH patient advocacy group, spoke via the local radio station in Sulaymaniyah about Familial Hypercholesterolemia (FH), its symptoms, and the importance of early detection and evidence-based treatment.

San also discussed the strategies adopted by the Iraqi Lipid Clinics Network to control the burden of the disease, including Paediatric FH Screening and Premarital FH Screening. He urged the Iraqi Health Authority to actively collaborate with our team for successful implementation.

We are very pleased to hear the voices of Iraqi FH patients raised on this occasion and to have had the opportunity to speak to the public.

**Dr. Mutaz Al-Khnifsawi, National Lead of Iraq**

# NEWS FROM FH EUROPE FOUNDATION

## FH Awareness Day 2024

**Together, we can help prevent the preventable.**

As part of the FH Awareness Day webinar series, patient ambassador and FH Europe Foundation (FHEF) team member Emma Print hosted two pertinent conversations.

The first, with Dr. Amany Elshorbagy, FHSC Lead Epidemiologist at Imperial College London, was aimed at **Understanding the Connection Between Obesity and Diabetes in FH**. This patient-focussed discussion delves into the intricate relationship between these conditions and their impact on patients worldwide.



[WATCH HERE](#)

The second discussion focused on FH genetics as part of **Understanding the Differences Between High Cholesterol and FH**. It featured expert geneticist Prof. Mafalda Bourbon, (Portugal), Dr. Simon Pfisterer (Finland), and Elsie Evans (UK/South Africa), FHEF Ambassador Programme Manager and an individual living with homozygous FH. Together, they highlighted the genetic underpinnings of FH and importance of early diagnosis.



[WATCH HERE](#)

FH Awareness Day takes place amid efforts by the European Alliance for Cardiovascular Health (EACH) to establish a European Cardiovascular Health Plan. FHEF, along with its Network and Patient Ambassadors, has contributed significantly to this proposal. Learn more and support these efforts by reading the **FH Awareness Day [press release](#)** and visiting the **[FH Europe Foundation website](#)**.



# OTHER ARICLES

## Launch of the EAS – LIPRA Newsletter

EAS-LIPRA will launch its first epidemiology newsletter this winter as part of its mission to share recent developments in lipidology and preventive cardiology research across Africa.

With support from various regions of the Western world, EAS-LIPRA brings together researchers and clinicians from multiple countries across Africa with an interest in lipidology, cardiology and patient care to collaboratively compile a registry, in the first instance, including lipid profiles and other risk factors of patients with acute coronary syndrome.

The registry is actively recruiting and has enrolled 103 patients with acute coronary syndrome across five countries thus far with more contributions expected from our current 11-country network across Africa.

To subscribe to our upcoming six-monthly newsletters, please complete this [form](#). To learn more about the project or get involved, please send an [email to us](#) to express your interest.

On behalf of all EAS-LIPRA Investigators

### Project Team



Prof Ashraf Reda (PI  
& PM)



Prof Alexandros  
Tselepis PI



Prof Alberto Zambon  
EAS Representative



Dr Alexander RM Lyon  
Consultant Project  
Manager 

# UPCOMING EVENTS

SAVE THE DATE

PROGRAMME AVAILABLE HERE

## The 8th EAS Paediatric Familial Hypercholesterolemia Symposium

Saturday, 03 May 2025 | Glasgow UK

### Topics:

Clinical utility of knowing the underlying genetic cause of the FH phenotype in children

Treating children with HoFH : novel agents and PCSK9i/ANGPTL3i

Do we need a new clinical FH diagnostic score for children?



**EAS**  
93<sup>rd</sup> Congress

4-7 May 2025 | Glasgow, UK

**Organised by:** Uma Ramaswami, Alison Cozens, Jeanine Roeters van Lennep, Mafalda Bourbon, Kirsten Holven, Michal Vrablik, Urh Groselj, & Steve Humphries in conjunction with **HEART UK** and **FH Europe**



**EAS**  
93<sup>rd</sup> Congress

4-7 May 2025 | Glasgow, UK

Save the Date!



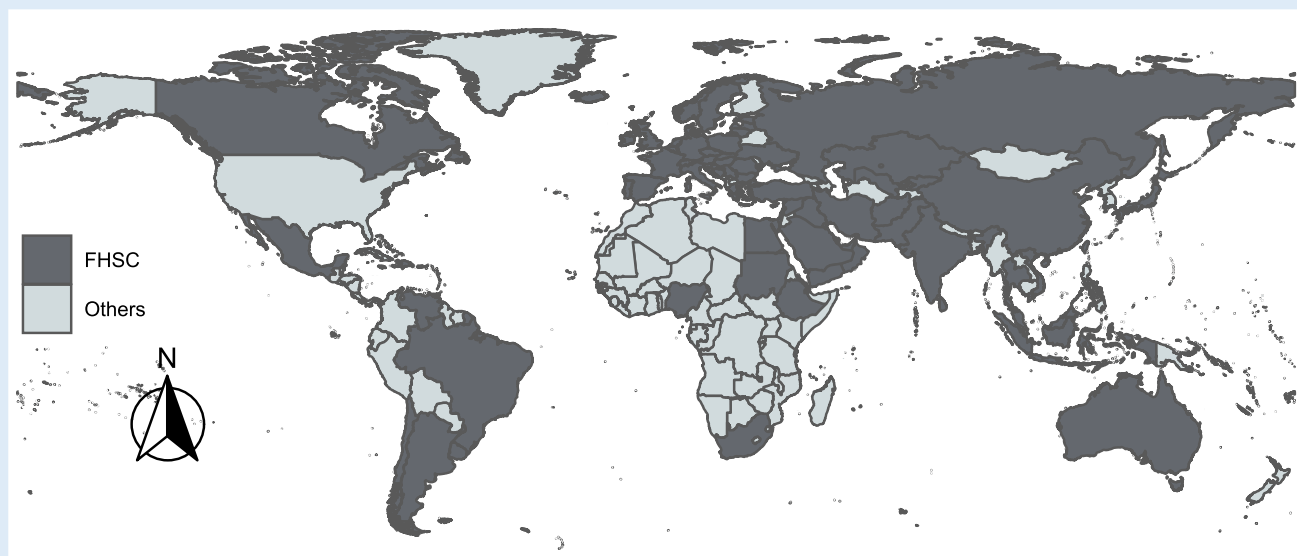
[HTTPS://EAS-CONGRESS.COM/2025](https://eas-congress.com/2025)



[eas-congress.com/2025](https://eas-congress.com/2025)

Interested to contribute an article (eg. FH news, publications, events)?

Please contact: [info@eas-fhsc.org](mailto:info@eas-fhsc.org)



FHSC spans 76 countries and includes 92 [National Lead Investigators](#). The FHSC Registry includes approx. 80K cases across 68 countries.

Do you have an interest in FH, collect clinical and/or genetic FH data and are keen to contribute to the EAS FHSC Global Registry ([NCT04272697](#))? If so, we would like to hear from you! For enquires contact [info@eas-fhsc.org](mailto:info@eas-fhsc.org).

**More information can be found in these publications:**

- [FHSC Study Protocol: 'Pooling and expanding registries of FH'](#)
- [FHSC Survey: 'Overview of the current status of FH care in over 60 countries'](#)
- [FHSC Results: 'A global perspective on FH: Cross-sectional study from the EAS FHSC'](#)
- [Overview of a collaborative global effort to address the burden of FH](#)
- [Familial hypercholesterolaemia in children and adolescents from 48 countries: a cross-sectional study - ScienceDirect](#)

**The FHSC Coordinating** Centre provides a free essential web-based resource exclusive to FHSC Investigators and their local teams to support entering and managing local-level data and sharing data with the FHSC Global Registry.

**Worldwide Directory of Lipid Clinics & Patient Support Groups:**  
[findmylipidclinic.com](http://findmylipidclinic.com) For more information: [Stevens et al. EAJ 2022;2:37-40](#)