Mended Hearts received a national grant from Amgen to implement an education and outreach initiative on hypercholesterolemia and Familial Hypercholesterolemia (FH). The goals of the program are to raise awareness of the need to test for high cholesterol including FH; communicate available therapies; and to provide education to patients, caregivers and the public on the need for effectively treating hypercholesterolemia.

Program Start Date
The Cholesterol Education and Outreach Program officially began in June 2014 and will run through February 2015.

Chapter Participation
Twenty-five Mended Hearts chapters have been selected to participate in this program.

Chapter Meetings Offering Cholesterol Education
The participating Mended Hearts chapters are asked to conduct an educational program on “Why Cholesterol Matters” during September 2014 - January 2015. The educational program can be held during the chapter’s regularly scheduled monthly meeting.

Chapters are encouraged to ask a healthcare professional (physician or nurse) to provide a presentation on cholesterol. The presentation may include the following topic areas:

- What is cholesterol? How it works?
- The Risks of High Cholesterol
- What Numbers to Know
- Treatment for High Cholesterol

In addition to a healthcare professional, the chapter may also consider inviting a patient with high cholesterol to speak to their personal experience. The purpose of the educational program is to increase awareness of high cholesterol, the risk factors, and the best treatment options.

The following tools will be available to each participating chapter to help with event promotion and implementation:

- Customizable Promotional Flyer: The flyer can be customized to include your chapter name along with event details (location, date, etc.).
Customizable Press Release: The press release will describe the program and can be customized to include your chapter name and event details.

Go-To Guide Handout: A one-page handout describing Mended Hearts’ new online education go-to guide, “Why Cholesterol Matters” will be available to each chapter for use during the educational sessions.

These tools are available on the Officer Section of the Mended Hearts website at www.mendedhearts.org.

Other Related Initiative Efforts
In addition to the efforts made by the local chapters to provide education and awareness on high cholesterol, the National Office is implementing the following aspects:

2. Heartbeat Magazine: The feature story of the summer 2014 issue was on cholesterol and Familial Hypercholesterolemia including a patient’s perspective.
3. National Education and Training Conference: The presentation on Saturday, June 21, 2014 was on cholesterol.

Chapter Outcomes Reporting
Each participating chapter will be asked to complete a brief questionnaire on the implementation of the program in their local community. The questionnaire will be provided to chapters in January 2015.

Questions?
If you have any questions, please contact Jessica Deering, Program Director at 202-618-3880 or jessica.deering@mendedhearts.org.

Thank you for your support of this exciting new program.