

Questionnaire on knowledge and awareness of familial hypercholesterolemia (FH) administered to Saudi physicians.

The survey is anonymous and participation is not obligatory.

Section 1: Physician's Demographics

1. What is your age?

_____ Years

2. What is your gender?

- Male
- Female

3. What is your primary medical specialty?

- Family Medicine
- Cardiology
- Endocrinology
- OB/GYN
- Internal medicine
- Pediatrics

4. What is your level of training?

- Resident
- Registrar
- Consultant

5. How many years have you been in practice since completing your medical school?

_____ # of years

Section 2:

6. **How familiar are you with familial hypercholesterolemia? Please use a 10-point scale where 1 means “Not at all familiar” and 10 means “Extremely familiar”.**

1 Not at all familiar	2	3	4	5	6	7 Extremely familiar

The following questions are specific to familial hypercholesterolemia. Please respond to the best of your knowledge, and if you are unsure on any question, select “Don’t know.”

7. **Which one description below best describes familial hypercholesterolemia?**

- The presence of family members with diagnosed high cholesterol
- A genetic disorder that is characterized by very high cholesterol and a family history of premature heart disease
- The presence of multiple lipid abnormalities that may be genetic in nature
- An ultra-rare, potentially fatal condition caused by cholesterol levels that can be up to six times the normal level
- Don’t know

8. **What is the prevalence of heterozygous familial hypercholesterolemia in general population?**

- 1 in 100 persons
- 1 in 500 persons
- 1 in 1,000 persons
- 1 in 2,000 persons
- 1 in 5,000 persons
- Don’t know

9. **What is the likelihood that first-degree relatives (i.e. parents, siblings and children) of someone who has familial hypercholesterolemia will also have FH themselves?**

- 0%
- 25%

- 50%
 - 75%
 - 100%
 - Don't know
10. **Across all age groups, how much greater is the risk of premature coronary heart disease (CHD) in untreated familial hypercholesterolemia patients compared to the general population? Please answer to the best of your knowledge.**
- 2 times greater
 - 5 times greater
 - 10 times greater
 - 20 times greater
 - Don't know
11. **When you are assessing a patient's family history, at what age for males and females do you consider heart disease to be premature?**
- Premature heart disease in Males: _____ # Years of age or younger
 - Premature heart disease in Females: _____ # Years of age or younger
 - Don't know
12. **In patients with documented premature coronary artery disease which one of the following do you routinely carry out?**
- Examine for arcus cornealis
 - Examine for tendon xanthomata
 - Take a detailed family history of coronary artery disease
 - Screen close relatives for hypercholesterolemia
 - All off the above
 - None of the above
13. **An accurate diagnosis of FH can only be made via genetic testing. Is this statement true or false?**
- True
 - False
 - Don't know

14. **Which, if any, of the following have been recognized to further increase the cardiovascular risk of someone with familial hypercholesterolemia? *Please select all that apply.***

- Elevated Lipoprotein(a)
- Smoking
- Elevated C-reactive protein
- Type 2 Diabetes
- None of the above
- Don't know

15. **In your view, which healthcare providers would be most effective at early detection of familial hypercholesterolemia and screening first-degree relatives? *Please select up to two.***

- Lipid specialists
- PCPs
- Cardiologists
- Pediatricians
- OB/GYNs
- Endocrinologists
- Other (please specify)

16. **Have you ever diagnosed patient with FH?**

- Yes
- No

17. **Have you ever followed patient with FH?**

- Yes
- No
- Don't remember

18. **Which one of the following choices could help you in the detection of FH in your practice?**

- Laboratory comment on lipid profile alerting a possible FH
- Alert by the clinical software system in your practice
- Direct telephone call from the laboratory
- All of the above
- None of the Above

- Other (please specify)
- Don't know

19. **If you have patients with FH under your care do you routinely screen their close relatives for this condition with lipid profile?**

- Yes, patient's children only
- Yes, patient's children and other close relatives
- No
- Not applicable

20. **Are you aware of these Clinical diagnostic algorithms to diagnose patients with FH?**

- The Simon Broome criteria Yes No
- The Dutch Lipid Clinic Network
DLCN criteria Yes No
- The US MedPed Program Yes No

21. **At what age would you test young individual for hypercholesterolemia in a family with premature coronary heart disease?**

- 0-6 years
- 7-12 years
- 13-18 years
- None of the above
- Don't know

22. **Are you aware of the cascade screening for patient with familial hypercholesterolemia?**

- Yes
- No

23. **Are you aware of any specialist clinical services for lipid disorders to whom you can refer patients?**

- Yes
- No

24. **An LDL target for adults with FH is:**

- < 1.8 mmol/L (< 70 mg/dL)
- < 2.5 mmol/L (< 100 mg/dL)
- < 3.3 mmol/L (< 130 mg/dL)
- Don't know

25. **An LDL target for FH adults with known CHD or diabetes is:**

- < 1.8 mmol/L (< 70 mg/dL)
- < 2.5 mmol/L (< 100 mg/dL)
- < 3.3 mmol/L (< 130 mg/dL)
- Don't know

26. **Patients with FH should receive which one of the following medication as first-line treatment? Please select one option only.**

- Exchange resins / bile acid sequestrates
- Ezetimibe
- Statins
- Fibrates
- Nicotinic acid
- Don't know

27. **Which drug combinations do you use to treat sever hypercholesterolemia?
*Please select all that apply***

- Statin + Exchange resins / bile acid sequestrates
- Statin + Nicotinic acid
- Statin + Ezetimibe
- Statin + Ezetimibe+ Nicotinic acid
- Statin + Ezetimibe + Exchange resins / bile acid sequestrates
- Other (please specify)
- None of the above

28. **Are you aware to these medications for FH patients beside statins?**

- | | | |
|---|---------------------------|--------------------------|
| <input type="radio"/> PCSK9 inhibitors | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Lomitapide (MTP) inhibitor. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Mipomersen (an antisense oligonucleotide inhibitor) | <input type="radio"/> Yes | <input type="radio"/> No |

