

FH DAY 2016
Plan of activities in Latvia

In order to create awareness on FH in Latvia, there are planned following activities:

1. Educational event for general population and FH patients

Date: September 20th, 2016

Time: starting from 16.00

Venue: University of Latvia, Raiņa bulv.

Organizers: patient organization "ParSirdi.lv" in collaboration with Latvian Society of Cardiology

- 16.00-17.30 **Expert consultations** about risks of high cholesterol and FH, information about FH registry for FH patients
- 17.30 – 18.30 **Educational lecture "Risks of high cholesterol and FH"**, prof. Gustavs Latkovskis, cardiologist of P. Stradins Clinical University Hospital

Every participant will receive information about FH, cholesterol risks and other heart and cardiovascular risks and prevention, healthy food recipes etc.

2. Measuring of cholesterol level and consultations about FH

Date: September 24th, 2016

Time: 10.00-17.00

Venue: pharmacies "Euroapteka" in Riga, Daugavpils, Rezekne, Ventspils, Jurmala

Organizers: patient organization "ParSirdi.lv" in collaboration with Latvian Society of Cardiology and support of pharmacy chain "Euroapteka"

Following activities:

- Measuring of cholesterol level and other CV risks
- Recommendations of pharmacists (if needed - to turn to GPs, to call FH patient consultation phone, lifestyle change etc.)
- Distribution of informative materials about FH
- Consultations of specialists of FH registry about FH and high cholesterol risks in one of pharmacies in Riga

Other activities:

- PR and social media communication about FH (Facebook, twitter)
- Launch of the new webpage related to cholesterol and FH www.parholesterinu.lv in media and social media

More information: www.parsirdi.lv, www.parholesterinu.lv

Facebook: ParSirdi.lv

Twitter: @ParSirdi