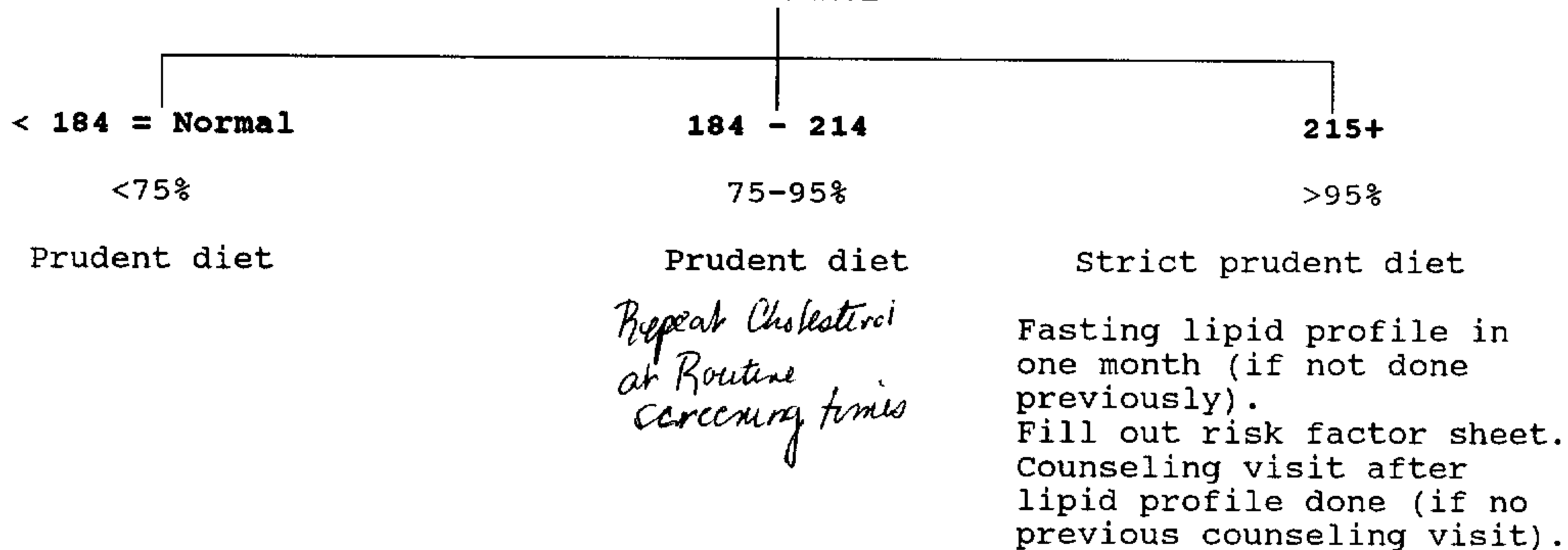


CHOLESTEROL FLOW SHEET

March 16, 1993

CHOLESTEROL



Good Pattern

(High HDL & Normal LDL)
Reassurance
Monitor @ routine times (use lipid profile)

Bad Pattern

Strict prudent diet
Test sibs
Refer parents
? Refer to dietician
Repeat lipid profile annually.

LDL 120 - 149

Prudent diet

150 - 199

Strict prudent diet

LDL \geq 200

Strict prudent diet
Consider cholestyramine

CHOLESTEROL

Hypercholesterolemia in children

Cardiac disease- #1 killer today (in adults); 50% due to treatable /changeable Risk factors.

1. Environmental
 - a. in US - we eat a lot of saturated fats.
 - b. we eat a lot of cholesterol
 - c. smoking (including passive smoking)
2. Treatable Medical Illnesses
 - a. obesity
 - b. hypertension
 - c. diabetes

Decreasing your cholesterol by 30 points decreases your chances of coronary artery disease by 50% (only if person maintains lower level)

This office: screen everybody 3,5,10,15,20 yrs. of age
w/u @ 95th %ile or higher
75th %ile to 95th %ile- diet recommended but subject to MD's exceptions (no lab w/u - depends on risk factors)

Do NOT limit cholesterol ingestion in children under 2 yrs. They need the cholesterol for development of nerves.

Blood cholesterol results: can vary 20 - 50 pts. from day to day
may need several measurements, then average

<184 mg/dl = < 75th %ile (normal)
185 - 214 = 75th - 94th %ile (moderately elevated)
200 - or over = 95th %ile (very elevated)

- Action:
1. very elevated
 - a. repeat in 1 month
 - b. lipid profile - fasting
 - c. separate visit for dietary counselling & # repeats needed
 2. moderately elevated
 - a. repeat ~~in 1 month~~ at Routine Screening times (5-10-15-20 yrs of age)
 - b. follow instructions in cholesterol packets
 3. normal
 - a. will recheck at next routine time

Treatment: 1. Diet

- a. decrease saturated fats
- b. decrease total fats

Unless there is obesity, goal is not to lose weight (in children)

- c. decrease cholesterol intake
- d. total calories should be divided into:
 - 30% fat
 - 15% protein
 - 55% carbohydrates
- 2. Meds
 - a. 2 meds to consider if levels very high
- 3. Exercise
 - a. 20 min. 3x week lowers blood cholesterol by 20%
 - b. Heart rate should be at 150 for 15 - 20 min. during these exercise periods
- 4. Stop Smoking
- 5. Treat any medical problems

Cholesterol packets will be handed out routinely to anyone with a level of 185 or above and will be available to any other patient who wants them. They should include:

- Cholesterol and Your Child
- Balancing Your Family's Diet
- Fast Foods For Healthy Hearts
- Snacking Sense