

New Lipid Screening Recommendations

Reviewed and approved, May 2013

This protocol is a general guideline and does not represent the professional standard of care required of the health care provider.

This pathway should be modified as indicated, based on the health care provider's professional judgment, to meet the needs of individual patients.

New Lipid Screening Recommendations

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| Who gets screened? |
| <ul style="list-style-type: none"> All kids get screened once each between 9-11 and 17-18 |
| <ul style="list-style-type: none"> High-risk¹ kids also get screened once between 2-8 |
| <ul style="list-style-type: none"> Kids with newly identified risk factors get screened once between 12-16 |
| How do I screen? |
| Fasting lipid profile ² |
| Then what do I do with it? |
| If: |
| <ul style="list-style-type: none"> LDL ≥ 130 or |
| <ul style="list-style-type: none"> Total cholesterol – HDL ≥ 145 or |
| <ul style="list-style-type: none"> HDL < 40 or |
| <ul style="list-style-type: none"> Triglycerides ≥ 100 for kids up to 9 or ≥ 130 for kids 10 and older |
| Then: |
| <ul style="list-style-type: none"> Repeat fasting lipids along with a TSH and a chem 20 in between 2 weeks-3 months. Average the lipid results. If still abnormal as above, refer to specialty care. |
| Who do I refer to? |
| <ul style="list-style-type: none"> All patients with a dyslipidemia should see a nutritionist |
| <ul style="list-style-type: none"> There are at least three specialties caring for some segment of this population. Factors that might help direct you towards a particular specialty include: |
| Cardiology |
| <ul style="list-style-type: none"> Family history of MI or angina, early CABG/stent/angioplasty |
| Endocrinology |
| <ul style="list-style-type: none"> Family history of type 2 diabetes, acanthosis nigrans on exam, or elevated TSH |
| Gastroenterology/Hepatology |
| <ul style="list-style-type: none"> Elevated liver enzymes |

¹ Parent, grandparent, aunt, uncle or sibling with MI, angina, stroke, CABG/stent/angioplasty at age <55 years in men, <65 years in women

Parent with TC (total cholesterol) ≥ 240 mg/dL or a known dyslipidemia

Child with diabetes, hypertension, BMI ≥ 95th %ile or smokes cigarettes

Child with moderate or high risk medical condition (chronic kidney disease, kidney or heart transplant, Kawasaki disease with history of aneurysms, chronic inflammatory disease, HIV)

² If a lipid profile is obtained without the child fasting but is normal, no further evaluation is necessary. If the profile is abnormal as defined above, then repeat fasting.