



# Pediatric Preventive Cardiology Clinic

## Cholesterol Screening in Children

UW Health's American Family Children's Hospital is pleased to provide the following guidelines for cholesterol screening in children. If you have any questions about this information or would like to speak with a provider in the Pediatric Preventive Cardiology Clinic, please call us at (608) 263-3260.

WHEN/WHOM TO SCREEN (FLP = fasting lipid panel)	
Age	Test
Birth-2 yrs.	No screening recommended
2-8 yrs.	FLP if risk factors (below)
<b>9-11 yrs.</b>	<b>Everyone: Non-fasting lipid panel</b>
12-16 yrs.	FLP if risk factors (below)
<b>17-21 yrs.</b>	<b>Everyone: Non-fasting lipid panel</b>

### RISK FACTORS

- Positive family history
- (MI, CABG, sudden cardiac death, < 55 yr. males, < 65 yr. females)
- Hypertension
- Obesity
- Tobacco use
- HDL < 40 mg/dL
- Type 1 & 2 diabetes
- Kidney disease
- Heart transplant
- Kawaski disease
- Chronic inflammatory disease
- HIV

### NORMAL VALUES

**Non-fasting:** Non-HDL Chol < 145 or HDL > 40

*Non-fasting lipid panel includes total cholesterol and HDL cholesterol*

*Non HDL cholesterol=TC (total cholesterol) minus HDL cholesterol*

**Fasting:** Children and Adolescents

	Acceptable	Borderline
Total Cholesterol	< 170	170-199
LDL	< 110	110-129
HDL	> 45	40-45
Trig. 0-9 yrs.	< 75	75-99
Trig. 10-19 yrs.	< 90	90-129

### RECOMMENDED REFERRAL GUIDELINES

The Pediatric Preventive Cardiology Clinic will see any patient with abnormal *fasting* lab results. If non-fasting lab results are abnormal, have the child do a fasting lipid panel.

#### Urgent Referral Recommended:

LDL > 190, TG > 500

### APPOINTMENTS AND QUESTIONS

#### Providers:

Amy Peterson MD, Ann Dodge NP, Erin Marriott NP

**Appointments:** (608) 263-6420

**To reach a provider:** (608) 263-3260