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Pediatric Hyperlipidemia

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Purpose of the Study: The purpose of this study was to review NHBLI guidelines on screening and management of hyperlipidemia in children and discuss critics and their concerns regarding universal screening.

Recent Findings: Among young adults, ages 12 to 19 years, 20.3 percent have abnormal lipids; boys are more likely than girls to have at least one lipid abnormality (24.3% versus 15.9%, respectively). Several studies have shown that atherosclerosis begins in childhood and can lead to coronary heart disease in adults. They have also demonstrated a strong correlation between pediatric hyperlipidemia, carotid intimal thickening and cardiovascular events in adults. Such as The Young Finns study, The Princeton-Lipid Research Clinics follow up Study etc. (Detail findings will be discussed). The study by the US Centers for Disease Control and Prevention have shown a favorable trend in serum Lipid among children and adolescents aged 6 years to 19 years, between (1988-1994) and (2007-2010). Mean total cholesterol decreased from 165mg/dl to 160mg/dl, and the prevalence of elevated total cholesterol decreased from 11.3% to 8.1%. In the view of prevalence of obesity, 1 in 6 adolescents and mean TC decreasing, is universal screening an appropriate step? In the view of multiple studies, discussion will lead towards existing controversies. Management will be discussed including recommendations about universal screening, 2010 Dietary Guidelines for Americans Cardiovascular Health Integrated Lifestyle Diet and medications.

Summary: The guidelines provide clinicians with necessary evidence and balanced perspective to make their own informed judgment in implementation of these recommendations. Schematic approach provided by NHBLI commissioned Expert Panel will help Primary care physicians with screening and proper dietary and drug therapy. It will eventually decrease cost on health system by early identification and intervention.

Biography

Alia Chauhan is an Associate Director Pediatric hospital Medicine at Southside Hospital, NY and Assistant Professor of Pediatrics and Family Medicine Residency Program, North well-Zucker School of Medicine at Hofstra University. She is a Preceptor for family medicine residents of Southside and Peconic bay family medicine residency programs, Touro College PA program. She has mentored residents for publications, research and QI projects and poster presentations at national level. In acknowledgement of her work with FMRP she is awarded with honorary title of Assistant Professor of FMRP by Zucker School of Medicine in 2014. She is recently awarded an Out Standing Physician Award by Medical Staff at Southside Hospital-2017. She has special interest in pediatric hyperlipidemia and has multiple publications on this subject.

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