

# Pediatric Preventative Cardiology Clinic Cholesterol Screening in Children

WHEN TO SCREEN	
Age	Test
2-8 yrs.	Fasting lipid profile IF risk factors (see below)
9-11 yrs.	<b>Everyone: Non-fasting or Fasting</b>
12-16 yrs.	Fasting lipid profile IF risk factors (see below)
17-21 yrs.	<b>Everyone: Non-fasting or Fasting</b>

NORMAL VALUES		
<b>Non-Fasting:</b> Total and HDL cholesterol		
Non-HDL = Total minus HDL		
Normal: Non-HDL <145		
<b>Fasting:</b> Full lipid profile		
	Normal	Borderline
LDL	<110	110-130
HDL	>45	40-45
Trig 0-9 yrs.	<75	75-100
Trig 10-21 yrs.	<90	90-130

## Risk Factors:

- Hypertension
- Obesity
- Tobacco use
- Type 1 or 2 Diabetes
- Family history of early Cardiovascular Disease in 1<sup>st</sup> or 2<sup>nd</sup> degree relative (MI, angina, CABG or stent, stroke) (<55 yrs. in men OR <65 yrs. in women)
- Family history of very high cholesterol (LDL Cholesterol >200 or Total >240)

## Special Risk Factors:

- Kawasaki disease
- Chronic Kidney Disease or Nephrotic Syndrome
- Heart or Kidney Transplant
- HIV
- Chronic Inflammatory Diseases

## RECOMMENDATIONS FOR REFERRAL

Tri-City Pediatric Preventative Cardiology Clinic will be happy to see any patient with an abnormal fasting lab result.

If a non-fasting lab is abnormal, please obtain a fasting panel for confirmation.

Please fax your most recent encounter and all lab results with your referral.

Recommend Urgent Referral for:  
LDL >190 or TG >500

## APPOINTMENTS AND QUESTIONS

### Providers:

Jerry Walkup, MD. Ashish Madhok, MD.  
Ashok Mehta, MD. Christy Rigsby, FNP.

### Appointments:

Johnson City, Kingsport,  
Abingdon, Norton, Marion.

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**Tri-City Pediatric  
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[www.pedscardiology.com](http://www.pedscardiology.com)

