Universal Screening for Children ages 9-11 and 17-21 years [Grade B]

YOUR RESULTS
@RESUFAST(chol:3,trig:3,hdl:3,ldlbase:3,chohdl:3)@

CHOLESTEROL GOALS:
- **Total Cholesterol:** <170 (0-19yrs); <190 (20-24yrs)
- **LDL-C ("bad cholesterol"):** <110 (0-19yrs); <120 (20-24yrs)
- **HDL-C ("good cholesterol"):** >45 (0-24 yrs)
- **Triglycerides:** <75 (0-9yrs); <90 (10-19yrs); <155 (20-24yrs)

MANAGEMENT RECOMMENDATIONS

**LDL Recommendations:**
1) LDL-C >= 250 mg/dL: Consult
2) LDL-C > 130-250 OR non-HDL > 145 mg/dL: Refer to dietician for medical nutrition therapy with Cardiovascular Health Integrated Lifestyle Diet (CHILD1); repeat FLP in 6 months [Grade A]
3) On Repeat FLP if
   - LDL <130: Continue CHILD diet, reevaluate in 12 months [Grade A]
   - LDL >= 130-189, (-) Family History, no other risk factors: Continue CHILD diet, reevaluate q. 6 months [Grade B]
   - LDL >= 130-189 + >2 risk factors: Consider statin therapy [Grade B]
   - LDL >= 190: Consider initiation of statin therapy [Grade A]

**Triglyceride Recommendations:**
1) TG >= 500: Consult lipid specialist [Grade B]
2) TG >= 300: Refer to dietitian for medical nutrition therapy with Child 1; repeat FLP in 6 months [Grade B]
3) On repeat FLP if
   - TG <100: Continue CHILD diet, monitor q.6-12mo [Grade B]
   - TG >200-499 or non-HDL >145: Consider fish oil +/- consult specialist [Grade D]

FDA APPROVED TREATMENT

**Statins:** Approved as adjunct to diet to lower LDL-C in adolescent boys and postmenarchal girls ages 10-18 with LDL-C >=190 OR >=160 with FHx premature CVD and 2+ risk factors