

THE PREVALENCE OF FAMILIAL HYPERCHOLESTEROLEMIA IN TEENAGERS FROM TIMIȘOARA

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INTRODUCTION

FH is one of the most frequent monogenic cholesterol disorders but its prevalence is not very well documented. Variations between 1/200-1/137 individuals have been reported in adult patients. Due to persistent hypercholesterolemia, these patients are exposed to a high risk of developing early cardiovascular disease. Although cardiovascular events usually occur in early adulthood, the atherosclerotic process asymptotically commences in childhood.

OBJECTIVES

study aims to uncover the prevalence of dyslipidemia in teenagers from Timișoara

MATERIALS AND METHODS

We have conducted an epidemiological study between March and June 2016 on 318 children aged between 10-11 years old (4-th grade). We have tested the lipid profile (total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides) from capillary blood using a point of care LipidoCare Analyzer.

RESULTS

Out of 318 children included in our study 242 (76,1%) had a normal lipid profile, 56 (17,1%) had mild hypercholesterolemia (LDL cholesterol values ranging between 130-160 mg/dl), 12 (3,77%) had severe hypercholesterolemia (LDL cholesterol values were over 160 mg/dl) and 8 (2,51%) children had hypertriglyceridemia. Out of this group, 2 children (0,62%-1/159) had LDL cholesterol values over 190 mg/dl, which indicates a high probability of FH.

CONCLUSIONS

The prevalence of dyslipidemia in the studied group was similar to the scientific data reported in literature. Although this screening is the first of its kind in Romania and was conducted on a large group of subjects, the results cannot be generalized. Further studies are needed in order to establish the etiology of dyslipidemia and its prevalence in Romanian teenagers.

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