

## Information about risk factors for cardiovascular diseases in children

### Did you know that ...

- elevated cholesterol is hereditary and can damage blood vessels even in children?
- this damage to the blood vessels can be prevented, if detected in childhood?
- familial hypercholesterolemia = inherited metabolic disorder is a risk factor for early cardiovascular disease?

By answering the three questions you will know whether in your family there is an increased risk of cardiovascular diseases and further, voluntary clarification may be helpful.

If a **question is answered with "yes"** or remains unanswered, a **free rapid test** (measuring blood lipid levels in the hospital) is **recommended** for your child. This rapid test can be performed at the LKH Villach or at the Klinikum Klagenfurt.

The questionnaire remains with the parents or legal guardians.

### Appointment / Questions

**LKH Villach:** via phone Mon-Thu from 12:00 to 14:00 under 04242 208 62758 or via e-mail at [terminkinder.villach@kabeg.at](mailto:terminkinder.villach@kabeg.at) **Klinikum**

**Klagenfurt:** via telephone Mon-Fri from 7:00 a.m. to 3:00 p.m. at For further information please call the above numbers.

### 3 Questions

1) Do you (biological mother or father) or close relatives (siblings, grandparents, aunts, uncles) have elevated blood fats (=total cholesterol, triglycerides, LDL-cholesterol) or do you take cholesterol-lowering medication (statins)?

Yes  No if yes: indicate about you/ relatives:

2) Do you (biological mother or father) have fatty skin growths/ deposits (=xanthomas) in particular in the areas of the Achilles tendon/hands/knees or eyes (=xanthelasms)?

Yes  No

3) Do you (biological mother or father) or close relatives (siblings, grandparents, aunts, uncles) suffered a heart attack or stroke before the age of 55?

Yes  No

if yes: indicate about you/ relatives with age at the event: :



**Xanthomas** are harmless, orange-yellowish shimmering, knot-like plaque-like fatty deposits in the Skin. They are also called yellow knots.

## Prevention of elevated cholesterol levels in the family "FAMILIAL HYPERCHOLESTEROLEMIA (FH)

- Did you know that the predisposition for **myocardial infarction** and **cerebral stroke** is already set at a young age?
- **High cholesterol** (= blood fat) can be genetically inherited and it can damage blood vessels even in children
- The **damage to the blood vessels** can be **prevented** if highly elevated cholesterol (= LDL-C: "bad" cholesterol) is detected and treated early from childhood.
- **Familial hypercholesterolemia (FH)** = inherited metabolic disorder is a risk factor for early cardiovascular diseases (incidence: 1 in 200-500 people).

Do you have a family history of **high blood lipids** or are your family members taking lipid-lowering **medication** (e.g. statins) ?

### Why participating in FH Screening Austria?

Risk reduction through

- early diagnosis
- timely medical treatment

For more info see:

