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The presence of cardiovascular risk factors among children with parental history of premature ischemic heart disease

Neuman, G¹; Shamir, R²; Gaitiny, D³; Shehadeh, N¹

¹Meyer children hospital, Rambam, Haifa, Israel; ²Schneider children's hospital, Petach-Tikwa, Israel; ³Rambam, Haifa, Israel

objective:

The aim of this study is to evaluate the presence of cardiovascular risk factors in children of parents with premature ischemic heart disease (IHD).

Methods:

Children between the age 5-18 y/o with parental history of premature IHD are included. BMI, BP, waist and hip circumference, cholesterol, LDL and HDL levels, fasting glucose, liver enzymes, CRP were measured. Carotid intima media thickness (CIMT) were evaluated.

Initial results:

Thirty nine children, aged 4 - 18 y/o, with parental premature IHD were checked. BMI percentiles were 15 to 90, BP percentiles were normal, and fasting glucose was normal. Thirty four children had familial hypercholesterolemia (FH), with LDL values above 160 mg/dl, 27 of them were evaluated for CIMT and 11/27 were found to have increased CIMT. Four of them had already carotid plaques.

Conclusion:

To date, there is not enough information regarding children of parents with premature ischemic heart disease. Intensive follow up and treatment are thus required in order to establish more data and allow primary prevention of future morbidity.

In our study, the main cardiovascular risk factor was hypercholesterolemia, Characterization of the cardiovascular risk factors in this population will provide usefull information required to establish recommendations for screening and early treatment of these children, in order ot prevent future morbidity and mortality.