Familial Chylomicronemia Syndrome

What is FCS?
- FCS stands for Familial Chylomicronemia Syndrome, a condition of very high triglycerides (a type of fat) in the blood which come from the diet.
- The enzyme that breaks down triglycerides from the diet is absent or does not work well, causing triglyceride levels in the blood to build up.
- High triglycerides in the blood cause episodes of pancreatitis, a painful and potentially life-threatening inflammation of the pancreas.

How can my healthcare provider diagnose FCS?

Genetic Testing
- Although FCS is a genetic (inherited) condition, genetic testing is not required.

Recognition of Symptoms*
- Triglyceride levels in the blood over 750mg/dL (normal triglyceride levels are under 150 mg/dL) and usually in the thousands.
- No reason, other than genetics, present for the high triglycerides. For instance: no poorly controlled diabetes, no diet high in sugar or fat, no low thyroid or kidney disease.
- Episodes of pancreatitis, often starting in childhood.
- Triglyceride levels remain high despite taking the standard medications for triglycerides (fibrates, fish oil dietary supplements or prescription omega-3).
- Breakouts of yellowish or white bumps over elbows, buttocks, feet, and trunk (seen when triglycerides are over 2000 mg/dL).
- Stomach pain, confusion, trouble breathing, and numbness or tingling in hands and feet.

*Note that not all symptoms listed here are present in all FCS patients

What can I do for my FCS?
- Follow a very low-fat diet. You should see a registered dietitian nutritionist (RDN) for help with this (see also FCS cook book at LearnYourLipids.com).
- Seek out a specialist who is trained in managing blood lipids (Lipid Specialist).
- Stay informed on possible new medications which can lower triglycerides in FCS patients.