

Pediatric Hypertriglyceridemia

WHAT PARENTS AND CAREGIVERS SHOULD KNOW

Hypertriglyceridemia means an increased blood level of triglycerides. When this occurs in a person under the age of 18 years old it is called pediatric hypertriglyceridemia. While triglycerides are useful in normal amounts, levels that are too high can cause health problems in the short term and long term. Pediatric hypertriglyceridemia does not show presentable symptoms and can be identified by doing a lab screening for recommended ages 10 and 18 years old when having a history of high-risk conditions or a family history of related issues.

Hypertriglyceridemia Diagnosis Criteria

Children 9 Years and Younger	at or above 130mg/dL
Children 10 Years and Older	at or above 100 mg/dL

What Options Are There for Treatment of Hypertriglyceridemia in Children and Adolescents?

Guidelines recommend children with hypertriglyceridemia make dietary changes, preferably under the guidance of a registered dietitian. Key changes include the reduction of simple carbohydrates and sugars especially those in drinks with sugar (whether natural or added sugar) and from refined starches including breads, noodles, rice, and potatoes. Instead, substitutions can include:

- » Sugar-free drinks
- » Whole grain breads
- » Noodles
- » Brown Rice
- » Quinoa

Lean proteins should be emphasized like fish, chicken, or turkey without the skin, nuts and nut butters, low-fat dairy like soft cheeses (mozzarella, ricotta, and cottage cheese are examples), Greek yogurts, and eggs. Equally important is maximizing the intake of cruciferous ("crunchy") vegetables like carrots, cucumbers, cauliflower, broccoli, spinach, etc. Starchy vegetables like potatoes, corn, or peas are less helpful.



If after 6 months diet and lifestyle changes are ineffective, medications can be considered with discussion about the benefits and limitations of therapeutic options with your healthcare team.

To find a lipid specialist in your area, use the "find a clinician" tool on [learnyourlipids.com](https://www.learnyourlipids.com).