

FH PAEDIATRIC REGISTER NEWSLETTER

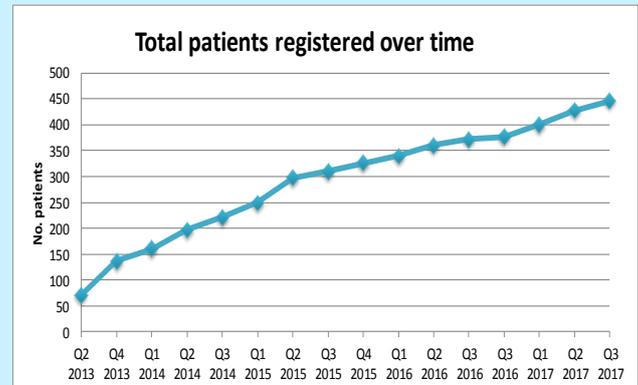
THE NEWSLETTER FOR CLINICIANS WHO ARE REGISTERED WITH THE FAMILIAL HYPERCHOLESTEROLAEMIA
PAEDIATRIC REGISTER WEBSITE

LATEST FIGURES

We now have **446 children enrolled in the register.**

Since the introduction of the automated annual update reminder, we continue to see an increase in follow-up data entered. We now have **583 annual updates in the system.**

Do remember that clinicians can continue to enter patient data even once the patient turns 18 years of age, so long as they remain under that clinician's care.

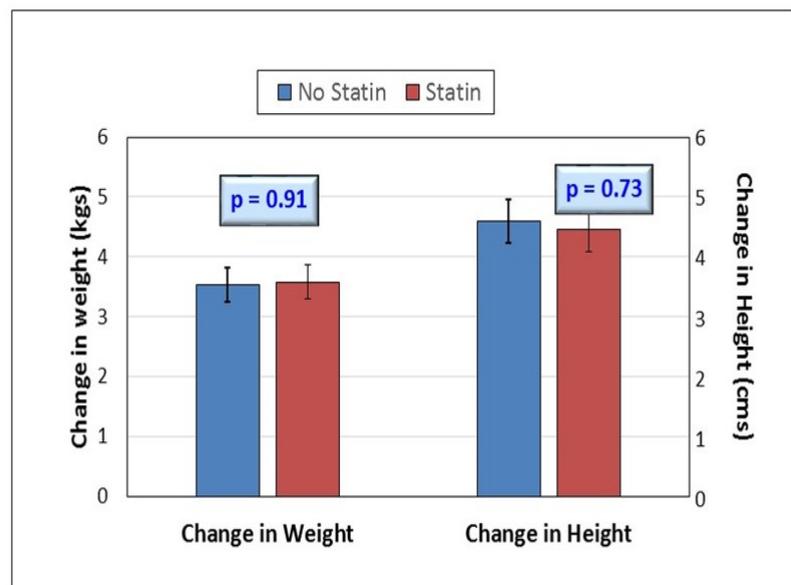


Latest Analysis of Register Data

I am pleased to tell you that the second paper coming from the Register data is now under revision at Journal Clinical Lipidology. We carried out analysis of the follow-up data now accruing on the Register children, in particular looking at the changes in height and weight in children not being treated and those being treated with a statin. Our hypothesis was that there would be no difference in growth rate in statin treated vs non treated children, as statin treatment would not be associated with any such growth issues.

As you can see from the histogram to the right this hypothesis was found to be correct. After adjustment for age and gender, there was no statistically significant difference in the increase in height or weight in the two groups. This confirms many other reports of the short term safety of statin treatment with respect to growth of treated children.

Change in weight and height* after 1 year in Register children



* Calculated as change per 1yr increase in age (in those with at least 1yr follow-up)

Growth rate identical in statin treated and untreated groups

New children Information sheets available

Working with HEARTUK, our Clinical Champion Dr Uma Ramaswami has helped to develop three new information sheets for children. They are aimed at under 5 years, 6-11 years and teenagers, with different levels of complexity and images in the leaflets. They are available from the HEARTUK website <https://heartuk.org.uk/fh-familial-hypercholesterolemia/children-and-familial-hypercholesterolaemia-fh>, and on our register site, and can be downloaded as a pdf and printed from these links or can be obtained as print copies (please contact fh@rcplondon.ac.uk to request a copy).

New HEARTUK information sheets for children with FH



Download from :

<https://audit.rcplondon.ac.uk/PaedFH/page.aspx?pc=homepage>

<https://heartuk.org.uk/fh-familial-hypercholesterolemia/children-and-familial-hypercholesterolaemia-fh>

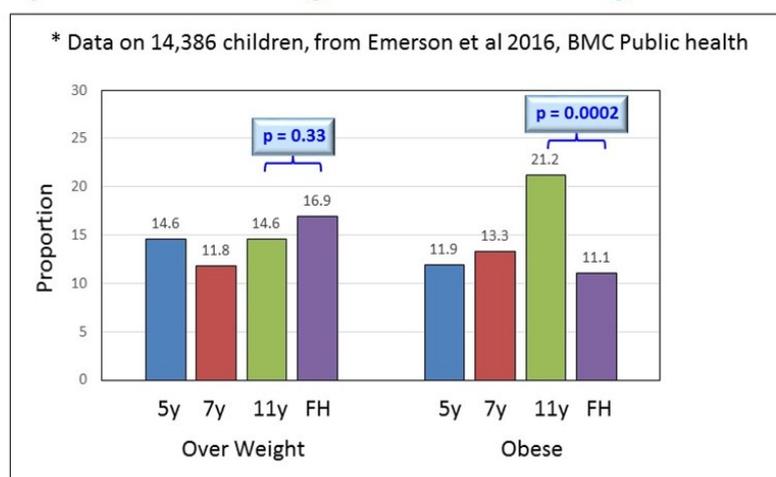
Are children on the register overweight?

As we are all aware, there is much current concern about the development of obesity in children in the UK, with the subsequent influence on morbidity. A recent study of the Millennium children reported that between 11.8-14.6% of 5-11 year old UK children are overweight (BMI > 85thile) with 11.9-21.2% being obese*. We are unaware of any comparable data in UK FH children. For children, the appropriate measures of obesity are determined using age and gender specific percentiles, with a BMI at or above the 85th percentile being designated as overweight, and at or above the 95th percentile as obese*.

For the FH Register children, 16.9% were overweight and 11.1% were obese.

As shown in the histogram below, compared to data from the Millennium children*, the prevalence of overweight was similar (14.6% vs 16.9% $p = 0.33$) but the prevalence of obesity was significantly lower (22.1% vs 11.1% $p = 0.0002$). This encouraging result suggests that FH management guidelines are being followed, with children being successfully supported to adopt healthy eating habits, be physically active and make sensible life-style choices, to maintain an ideal body weight.

Proportion of UK and Register children overweight and obese



Overweight = BMI >85th percentile for age and gender

Obese = BMI >95th percentile for age and gender

Proportion of overweight FH children similar to UK general population
Proportion of obese FH children is ~50% of the general population

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* Emerson E, Robertson J, Baines S, Hatton C. Obesity in British children with and without intellectual disability: cohort study. BMC Public Health 2016 ;16:644.