### Lipid Clinic referral criteria

**Referring physician must include the following required information**

The following information is the patient referral parameters:

<table>
<thead>
<tr>
<th>Age limit</th>
<th>The physician must include the following information with the referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 years</td>
<td>Recent Lipid Profile (12-hour fasting)</td>
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<tr>
<td></td>
<td>• Cholesterol &gt; 4.9 mmol/L</td>
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<tr>
<td></td>
<td>• LDL &gt; 3.0 mmol/L</td>
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<tr>
<td></td>
<td>• HDL &lt; 0.9 mmol/L</td>
</tr>
<tr>
<td></td>
<td>• Triglycerides &gt; 2.0 mmol/L</td>
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<td></td>
<td><strong>Additional blood work</strong></td>
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<td></td>
<td>T4, TSH, AST, ALT, ALKPho, CPK, Insulin and fasting glucose</td>
</tr>
</tbody>
</table>

**Note: Please print or type all required information and forms**

- Provide a patient & family health history (patient height, weight and BMI)
- Have family complete the Food Frequency Checklist and mail it prior to their child’s appointment

**Additional information for referring physicians**

Please note that patients with BMI >95 percentile with borderline elevated lipid profile and no family history for cardiac events and/or hyperlipidemia do not meet the criteria for Lipid Clinic.

**Lipid Clinic information**

**General information**

Initial clinic appointment will be within 3-6 months or earlier. First clinic assessment includes the following:

- 12-hour fasting blood work
- Electrocardiogram
- Physical examination
- Lipid profile review and cholesterol-related family education
- Nutritional assessment and education
- Physical activity education
- Peer education

- Lipid clinic team members
  - Cardiologist
  - Nurse Practitioner
  - Dietician
- The clinic will require a new referral if an appointment is cancelled twice or the patient is a no show for the appointment.
- Patient/parent must complete and bring the activity and food frequency record for every clinic appointment.
- Patient is always required to fast before every clinic appointment.