

For health care professionals

Testing methods

- Lipid and diabetes testing during scheduled clinic visits, such as with childhood immunizations and well child visits as recommended by the current American Academy of Pediatrics (AAP) well child schedule (Bright Futures), present other opportunities for screening (Bright Futures/AAP website).
- Use of either a fasting or non-fasting lipid profile (total cholesterol, HDL-cholesterol, triglycerides and calculated LDL-cholesterol, if fasting) allows calculation of non-HDL-C, an estimate of all atherogenic lipoprotein particles. A non-fasting blood sample is often more practical and efficient. If the non-HDL-C level is >145 mg/dL (95th percentile), two fasting lipid profiles should be obtained and the results averaged before determining the most appropriate intervention.
- Blood samples can be drawn by venipuncture or finger stick, the latter often preferred by children. If available, point of care lipid testing has proven reliable and correlates well with standard laboratory results.