PREVENTIVE CARE RECOMMENDATIONS
ADOLESCENT AGES 11-18

LIPOPROTEIN ANALYSIS

Figure 4.2. Assessment and Follow-up of Lipoprotein Analysis

Acceptable
LDL-cholesterol
<110 mg/dL

Repeat lipoprotein
analysis within
5 years
Provide education on
recommended eating
pattern and risk
factor reduction

Borderline
LDL-cholesterol
110-129 mg/dL

Borderline
LDL-cholesterol
110-129 mg/dL

Risk factor advice.
Provide Step I diet
(see Table 56-3) and
other risk factor
intervention
Reevaluate status
in 1 year

High
LDL-cholesterol
≥130 mg/dL

High
LDL-cholesterol
≥130 mg/dL

Do clinical evaluation
(history, physical
exam, lab tests)
- Evaluate for
secondary causes
- Evaluate for
familial disorders
Intensive clinical
intervention
Screen all family
members.
Set goal LDL-
cholesterol
- Minimal: <130 mg/dL
- Ideal: <110 mg/dL
Step I then Step II
diet (see Table 56-3)