



# Child-Parent FH Screening Study

## Newsletter #3 February 2020

### Recruitment Update

Recruitment continues to progress well for this innovative, Australian-first study that aims to detect familial hypercholesterolaemia (FH) in children and their parents by screening children aged 1-2 years with a heel-prick cholesterol level at the time of an immunisation (either scheduled 12 or 18 month immunisations, or additional such as influenza).

At January 2020 we have recruited and screened 420 children in the study and have already diagnosed 4 children with FH! With colleagues from Royal Perth Hospital we are now in the process of undertaking reverse cascade screening, to diagnose the affected parent and then other family members with FH. One of the real strengths of diagnosing young children with FH is the ability to then diagnose their parent, aunts and uncles who also have FH (but are unaware they have the condition), providing them with appropriate management to reduce their likelihood of suffering a heart attack in early adult life.

We continue recruitment at our main site of the Central Immunisation Centre (CIC.) We have ceased recruitment at the Kwinana Child Health Centre and are trialling Balcatta Child Health Centre (BCHC) on one day per week. Thank you to all the clinical and administrative staff at CIC, Kwinana and BCHC for their ongoing support. Research nurses Cath and Cherie have been warmly welcomed and the provision of clinic space, computer access and fridge space has made an enormous difference in continued recruitment for the FH study.

Finally, Ellen Health Family Practice in Fremantle continue to participate, providing a recruitment site in a general practice setting with an excellent uptake from eligible children.

### FH Facts

FH is the most common and serious cause of inherited high cholesterol. More than 90% of those with FH are unaware they have the condition. 50% of males and 30% of females with undiagnosed FH will suffer a heart attack or sudden death by age 60. Individuals with FH who are diagnosed and treated in childhood have a normal life expectancy.

### Total number of children recruited

420 of a target of 1000 participants

### Parent Feedback

“Wouldn’t have done it if it were separate to immunisations therefore good initiative to have at same time.”

“Nothing just a bit uncomfortable for the kids.”

“We had the heel prick during our 15 minute wait after the immunisations, this was good timing.”

### Contact Us

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