

**STH referral pathway for adult patients with query Familial Hypercholesterolaemia (FH)**

Suspect familial hypercholesterolaemia (FH) as a possible diagnosis in adults with: **Total cholesterol >7.5 mmol/L** and personal or family history of premature coronary heart disease (an event before 60 years in an index or first-degree relative) See BOX 1

**BOX 1**

- An event is defined as angina, acute coronary syndrome, myocardial infarction, need for coronary artery bypass grafting, need for percutaneous coronary intervention or definite coronary artery disease on coronary angiography

**Confirm LDL >4.9 mmol/L** by checking fasting extended lipid profile on 2 occasions, approx. 2 weeks apart

Exclude secondary causes: Secondary causes of high cholesterol include uncontrolled hypothyroidism, cholestatic liver disease and nephrotic syndrome. Uncontrolled diabetes and alcohol excess are also associated with raised triglycerides.

Tendon xanthoma?

Yes

FH ICC Clinic referral  
See BOX 3

No

Family history of premature MI **and/or** hypercholesterolaemia:  
SEE BOX 2

**BOX 2**

- Premature myocardial infarction: aged younger than 50 years in second-degree relative or aged younger than 60 years in first-degree relative.
- Family history of raised total cholesterol: greater than 7.5 mmol/l in adult first- or second-degree relative or greater than 6.7 mmol/l in child (aged younger than 16 years)

Yes

Fasting triglycerides <2.5 mmol/l

Yes

Refer to Familial Hypercholesterolaemia Inherited Cardiac Conditions service (FHICC) for confirmation of diagnosis. See BOX 3

No

Total cholesterol >9 mmol/l

Lipid Clinic referral  
See BOX 3

**BOX 3**

The following info is required on each referral:

- Baseline (pre-treatment) cholesterol.
- Baseline triglycerides
- Baseline LDL (if available)
- CVD history
- Family history of premature MI and/or high cholesterol (see BOX 2)

**Lipid Clinic referrals to:** Dr Hannah Delaney and Dr Paul Masters, Clinical Chemistry, Northern General Hospital.

**FH ICC referrals to:** Familial Hypercholesterolaemia Nurse Specialist, Chesterman Wing, Northern General Hospital

No

Refer to Lipid Clinic, particularly if strong family history of CVD or TRIGS>10 and **not** secondary to poor diabetic control or alcohol. See BOX 3

Note, all other abnormalities of lipids (cholesterol and/or triglycerides) or patients with statin intolerance etc can be referred to the Lipid Clinic.

