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*Adapted from the Quality and Safety Education for Nurses website at <http://www.qsen.org>.

In addition to the risk factors noted earlier, the American Heart Association and National Heart, Lung, and Blood Institute have identified children who are considered to be at higher-risk for atherosclerosis because of co-existing health problems including:

- Chronic inflammatory diseases
- Cancer survivors
- Transplant patients
- CHD
- A history of Kawasaki disease with coronary artery aneurysms

Therapeutic Management

The first step in the treatment of high cholesterol is focused on lifestyle modification. The National Heart, Lung, and Blood Institute guidelines advocate the benefits of a heart-healthy diet for all children (Box 23-10). In addition, children with known elevated