

O36

The Prevalence of Familial Hypercholesterolemia among Adult Filipino Patients at Universidad de Santa Isabel Health Services Department: An Observational Descriptive Prospective Study

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Objectives

To determine the prevalence of familial hypercholesterolemia (FH) among adult Filipino patients with dyslipidemia seen at Universidad de Santa Isabel Health Services Department between June 2016 to June 2017.

Methods

An observational descriptive prospective study involving Filipino patients, age 19 years and older, with dyslipidemia. Those who fulfilled the inclusion criteria were assessed using the Dutch Lipid Network Criteria (DLNC) for the diagnosis of FH.

Results

Four hundred patients were included in the study. Two hundred forty two subjects were female, and one hundred fifty eight were males. Age ranged between 22 to 96 year old. From the four hundred subjects, 108 (27%) had a DLNC score under unlikely, 145 (36.25%) under possible, 88 (22%) under probable, and 59 (14.7%) under definite FH.

Conclusion

In the result of this study, 59 of the study population fulfilled the criteria of definite FH, despite the unavailability of the DNA analysis. This shows a prevalence of 14.7% definite FH among patients with dyslipidemia. The estimated prevalence worldwide is 0.2% - 0.5% (1 in 200 – 500). In Asia the latest guidelines claimed no true estimate for its prevalence, and this is attributed to the lack of country specific knowledge on FH. This result should raise the awareness of our healthcare providers with regards to the presence of FH in our community, its implication on the risk for early cardiovascular events, and hence the need for early detection and management of FH especially the relatives of those classified under definite or probable FH.