

Statins in childhood aid familial hypercholesterolemia outcomes

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achieving treatment goals (LDL cholesterol



(HealthDay)—Initiation of statin therapy during childhood in patients with familial hypercholesterolemia slows the progression of carotid intima-media thickness and reduces the risk for cardiovascular disease over 20 years, according to a study published in the Oct. 17 issue of the *New England Journal of Medicine*.

Ilse K. Luirink, M.D., from the Amsterdam University Medical Centers, and colleagues report findings of a 20-year follow-up study of statin therapy among 184 patients with familial hypercholesterolemia who enrolled in a clinical trial as children. The incidence of [cardiovascular disease](#) among the patients with familial hypercholesterolemia and 77 unaffected siblings was compared to that among their 156 affected parents.

The researchers found that the mean low-density lipoprotein (LDL) [cholesterol level](#) in the patients decreased from 237.3 to 160.7 mg/dL from the baseline level, with 20 percent of patients

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