Introduction
Recently it has been suggested that previous guidelines using total cholesterol as an indication of dyslipidaemia in children with Type 1 diabetes mellitus (T1DM) are insensitive and that Non-HDL is a better marker of cardiovascular risk.

Non-HDL is total cholesterol minus HDL and therefore incorporates LDL and non-fasted triglycerides. Recommended non-HDL should be <3.1mmol/l, levels 3.1-3.6mmol/l require lifestyle modification and over 3.6mmol/l lifestyle modification and statins.

Analysis was done of T1DM patients at UHS who had an annual review in the first 6 months of 2016 and the data was compared to the existing study.

Discussion
It can be seen that there is a significant difference using non-HDL in comparison to total cholesterol measurements, both in relation to how we interpret the patients results and cardiovascular risk, and in how we recommend further treatment options. HbA1c and BMI remain significant contributors to adverse lipid profiles and cardiovascular risk in diabetes. Children with T1DM already have regular dietetic advice aiming to maximise diabetes control and healthy weight. We have not demonstrated a clear indication for statin treatment in addition to these measures in this cohort.

References