

PRESS RELEASE

The Takatsuki Declaration 2024

“Check Child Cholesterol, Save FH”

The Japanese Society for Lipid Research in Children and Adolescents (JLCA) has declared “the Takatsuki Declaration 2024”, a declaration to “Check Child Cholesterol, Save FH”, at the 38th Annual Meeting of the JLCA on 27 October 2024 at Osaka Medical and Pharmaceutical University.

The objectives of the Takatsuki Declaration 2024 are as follows:

- 1) Increasing awareness of familial hypercholesterolemia (FH) among pediatricians.
- 2) Promoting screening for FH starting in childhood and increasing its detection rate.
- 3) Promoting the treatment and intervention of children with FH and their families, preventing the development of atherosclerotic diseases.

The Takatsuki Declaration 2024 is a commentary on the following:

- 1) FH is a common genetic disease that affects 1 in 300 ordinary persons.
- 2) Untreated FH can lead to cardiovascular diseases in the 20s and 30s.
- 3) The prognosis can be significantly improved if the condition is detected and treated in early childhood.
- 4) Children with high low-density lipoprotein cholesterol (LDL-C) levels often have high LDL-C levels in adulthood.
- 5) Children should also have their total cholesterol (TC) measured when blood samples are collected (FH Opportunistic Screening).
- 6) Measurement of TC or LDL-C in all children during pediatric checkups can help prevent

lifestyle-related diseases (FH Universal Screening).

- 7) LDL-C should be measured when TC ≥ 220 mg/dL.
- 8) FH should be suspected if the LDL-C level is ≥ 140 mg/dL.
- 9) LDL-C ≥ 180 mg/dL suggests FH while TC 260 mg/dL is approximately equivalent to LDL-C 180 mg/dL.
- 10) The LDL-C levels of parents should be checked as well (FH Reverse Cascade Screening).

The Takatsuki Declaration 2024 will raise awareness among Japanese pediatricians about the importance of pediatric FH screening. Pediatric universal FH screening is expected to be implemented as Japanese government policy.

14th November 2024

The Japanese Society for Lipid Research in Children and Adolescents (JLCA)

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