



Homework for Health

Cholesterol Help for Kids and their Families

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LIPIDS COME TO LIFE IN NEW KIDS' BOOK BY LIPIDOLOGIST ANN LIEBESKIND

Universal Pediatric Screening Spurs Doctor To Help Kids Understand Cholesterol

April 6, 2016 - Neenah, WISC - How do you get a kid to care about cholesterol terms like HDL, LDL and triglycerides? Pediatric Lipidologist Ann Liebeskind knows how. She wrote the book on it.

Liebeskind's 28-page graphic novel, ***Adventures in Cholesterol***, teaches kids about cholesterol through the eyes of quirky, lovable characters with names like Huddle (HDL) and Lippy (LDL). These characters go on adventures through the body and show how the decisions we make each day affects us. ***Adventures in Cholesterol*** is a fun and factual tool in a storybook format for 9-11 year-olds and parents who need to know what cholesterol is and why it matters.

"The cholesterol friends make it fun and encourage you to be healthier," said 10-year old Jacob, after reading ***Adventures in Cholesterol***.

In 2011, the National Heart, Lung and Blood Institute (NHLBI) and the American Academy of Pediatrics updated their guidelines and recommended screening all kids for cholesterol problems. Liebeskind, owner of Mobile Health Team, a private lipids practice in Wauwatosa and Neenah, WI, found it difficult to engage patients with information about test results.

"In my Lipidology practice, I struggled with the lack of kid-friendly resources available to me to educate my patients," Liebeskind said. "Recommended screening for all kids was great news because it is easier to get control of a cholesterol problem when a child is young. Eating and good lifestyle habits can be formed then."

Do kids need to worry about their cholesterol? Absolutely. Nearly 801,000 Americans died from heart disease, stroke and other cardiovascular diseases in 2013. That's about one of every three deaths. High cholesterol and other risk factors compound the likelihood of developing atherosclerosis, a disease in which plaque builds up in your arteries. In developed countries, most children have the start of plaque (fatty streaks) by age 10. True prevention thus starts at a young age when these changes are still reversible.

Liebeskind's sons, William and Zachary, contributed to ***Adventures in Cholesterol***. "The best decision I made early on was to involve my kids, who were 6 and 9 years old at the time," Liebeskind said. "Together, we evolved plain old lipid particles into characters. My older son drew the original artwork and my younger son emerged as a pretty great editor and critic."

Other leading experts in the pediatric lipids and pediatric fields have also lent their support to Dr. Liebeskind by critiquing and providing feedback about the book. Most experts agree that cholesterol is a complex topic for both kids and adults, and that tools such as the ***Adventures in Cholesterol*** book can help to educate and empower families to take charge of their health.

Liebeskind launched ***Adventures in Cholesterol*** through a Kickstarter campaign in January 2016. She hit her goal of raising funds for the book's first printing in the first month. The book can be purchased online at www.HomeworkforHealth.com. Price: \$9.95 (5 or more = \$8.00 per book, 30 or more = \$6.00 per book.)