WHAT YOU NEED TO KNOW

Familial Chylomicronemia Syndrome

What is FCS?

- FCS stands for **Familial Chylomicronemia Syndrome,** a condition of very high triglycerides *(a type of fat)* in the blood which come from the diet.
- The enzyme that breaks down triglycerides from the diet is absent or does not work well, causing triglyceride levels in the blood to build up.
- High triglycerides in the blood cause episodes of pancreatitis, a painful and potentially life-threatening inflammation of the pancreas.

How can my healthcare provider diagnose FCS?

Genetic Testing

- Although FCS is a genetic *(inherited)* condition, genetic testing is not required.

Recognition of Symptoms*

- Triglyceride levels in the blood over 750mg/dL *(normal triglyceride levels are under 150 mg/dL)* and usually in the thousands.
- No reason, other than genetics, present for the high triglycerides. For instance: no poorly controlled diabetes, no diet high in sugar or fat, no low thyroid or kidney disease.
- Episodes of pancreatitis, often starting in childhood.
- Triglyceride levels remain high despite taking the standard medications for triglycerides *(fibrates, fish oil dietary supplements or prescription omega-3).*
- Breakouts of yellowish or white bumps over elbows, buttocks, feet, and trunk *(seen when triglycerides are over 2000 mg/dL).*
- Stomach pain, confusion, trouble breathing, and numbness or tingling in hands and feet.

**Note that not all symptoms listed here are present in all FCS patients*

What can I do for my FCS?

- Follow a very low-fat diet. You should see a registered dietitian nutritionist *(RDN)* for help with this *(see also FCS cook book at LearnYourLipids.com).*
- Seek out a specialist who is trained in managing blood lipids *(Lipid Specialist).*
- Stay informed on possible new medications which can lower triglycerides in FCS patients.

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