

GASTROINTESTINAL

Table 35. Clinical Signs of Dehydration in Children

Parameter	Mild	Moderate	Severe
Activity	Normal	Lethargic	Lethargic to comatose
Color	Pale	Gray	Mottled
Urine output	Decreased (<2–3 mL/kg/hr)	Oliguric (<1 mL/kg/hr)	Anuric
Fontanelle	Flat	Depressed	Sunken
Mucous membranes	Dry	Very dry	Cracked
Skin turgor	Slightly decreased	Markedly decreased	Tenting
Pulse	Normal to increased	Increased	Grossly tachycardic
Blood pressure	Normal	Normal	Decreased
Weight Loss	5%	10%	15%

Hypernatremic dehydration may be accompanied by moderate clinical signs. Reprinted with permission from Rogers MC: Shock. In: Rogers MC, Helfaer MA, eds. *Handbook of pediatric intensive care*, 2nd ed. Baltimore: Williams & Wilkins, 1994:140.

Table 36. Therapy for Hyperlipidemia

Type	Mechanism	Reduction in Cholesterol (%)	Effect on VLDL	Effect on HDL	Side Effect	Dose
Nonpharmacological therapy						
American Heart Association diet	Limits exogenous cholesterol	10–15	Decrease	Decrease		N/A
Exercise	Improves insulin resistance	Some decrease	Decrease	Increase		N/A
Weight Loss	Improves insulin resistance	Some decrease	Decrease	Mild increase		N/A
Pharmacological therapy						
Bile acid resins	Accelerate LDL disposal	20–30	Mild decrease	Mild increase	Epigastric distress, constipation, bloating, interferes with some drug absorption	Up to 24 g/day cholestyramine in divided doses
Nicotinic acid or niacin	Reduces VLDL and LDL synthesis; increases HDL	25	50% decrease	30%–40% increase	Flushing, headache, tachycardia, gastrointestinal distress, activation of peptic ulcer disease and inflammatory bowel disease, hepatic dysfunction	Titrate up to 1 g 3 times/day
Probucol	Increases LDL disposal; reduces HDL/LDL	5–15		Decrease	Nausea, diarrhea, flatulence, eosinophilia, hepatic dysfunction, prolongation of QT interval	0.5 g 2 times/day
Gemfibrozil	Enhances VLDL breakdown; decreases VLDL production	Decrease	40%–50% decrease	20%–30% increase	Rarely myositis; should not be used in patients with renal disease, cholelithiasis, or liver dysfunction	600 mg 2 times/day
HMG CoA reductase inhibitor (lovastatin)	Inhibits cholesterol synthesis; increases LDL disposal	30–40			Elevated liver enzymes, myositis, cataracts in animals	20–40 mg 2 times/day

HDL, high-density lipoprotein; HMG CoA, 3-hydroxy-3-methylglutaryl coenzyme A; LDL, low-density lipoprotein; VLDL, very-low-density lipoprotein.