



Sitosterolemia Patient Information

Sitosterolemia is a rare, inherited genetic condition in which **plant sterols**, (naturally occurring, cholesterol-like substances in plants), are **excessively** absorbed from the diet into the system and can lead to heart disease.

Sitosterolemia is **treated by:**

1. **Reducing** intake of foods rich in **plant sterols** found in:
 - a. Vegetable Oils, Shortening and Margarine
 - b. Olives and Avocados
 - c. Nuts and Peanut Butter
 - d. Seeds, Such as Sunflower Seeds
 - e. Chocolate
 - f. Shellfish
2. Taking **Ezetrol** 10mg every day – this medication helps to limit the amount of plant sterols absorbed from the bowel. It also limits the absorption of cholesterol, which is a good thing.
3. Regular **blood tests** are important to monitor the levels of cholesterol and sterol in the blood.
4. Butter and lard may be used in cooking or at the table as a substitute for vegetable oils, though in moderation.

If you have been diagnosed with Sitosterolemia please show this document to any health care professional involved in your care. For further information contact the Lipid Clinic at 204-258-1478.

Sitosterolemia Resources for Patients:

[Sitosterolemia - foods to avoid.pdf](#)

[Learn Your Lipids – What is Sitosterolemia?](#)

[Sitosterolemia pt education form from Lipids.org.pdf](#)