

## HIGH TRIGLYCERIDES

### THE BASICS

- ♥ Triglycerides are a form of cholesterol (or fat) carried in the bloodstream.
- ♥ High triglycerides can increase the risk of heart disease.
- ♥ Other cholesterol abnormalities are often associated with high triglycerides.
- ♥ You cannot tell if you have high triglycerides without having a blood test.
- ♥ Being overweight, eating a high carbohydrate diet (sugar), having diabetes, drinking alcohol to excess, being inactive, having a thyroid problem, taking hormone replacement, and heredity are frequent causes of high triglycerides.
- ♥ Triglycerides levels are grouped as below:

Normal:	less than 150
Borderline High:	150-199
High:	200-499
Very High:	greater than 500

### HOW TO CONTROL HIGH TRIGLYCERIDES

- ♥ Treatment for elevated triglycerides is often recommended if the level is very high, if it is associated with a high level of “bad” cholesterol (LDL) or with a low level of “good” cholesterol (HDL), if it occurs in someone with a strong family history of heart disease, or if it is associated with other risk factors for heart disease such as smoking.
- ♥ Eat less simple sugars (desserts, sweets, non-diet soft drinks) and eat more fiber (fruits and vegetables, beans, whole grain products, oatmeal).
- ♥ Limit fatty foods (fatty red meats, fried food, cheeses, whole milk, convenience foods, “junk food”).
- ♥ Lose weight if necessary. Every pound lost helps.
- ♥ Exercise more to maintain a healthy weight.
- ♥ Limit or avoid alcohol.
- ♥ Eat fish rich in omega-3 oils: salmon, sardines, herring, and water-packed white albacore tuna are good choices.
- ♥ Fish oil supplements are not for everyone but may be helpful in some cases. Discuss this issue with your physician before you start taking a fish oil supplement.
- ♥ Medications along with a good diet can lower high triglycerides.
- ♥ Taking medications to lower triglycerides does not eliminate the need to follow a healthy lifestyle and diet.

We are pleased to answer your questions or discuss your condition with other health care professionals.

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