

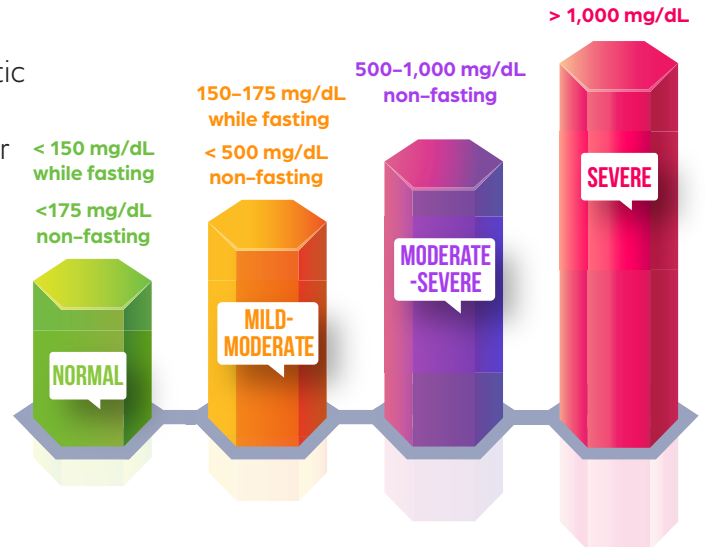
# Hypertriglyceridemia

## WHAT YOU NEED TO KNOW

**Hypertriglyceridemia** refers to an elevation of triglyceride levels in the blood and is associated with risk of atherosclerotic cardiovascular disease (e.g., heart disease and stroke) as well as pancreatitis. Hypertriglyceridemia can be caused by one or a combination of genetic disorders, chronic diseases, dietary habits, and medications.

Diagnosis of hypertriglyceridemia involves a blood test to measure blood levels of triglycerides and other lipid levels, as well as a thorough review of past medical and family history, and a physical exam.

Diet, exercise, and weight loss are effective, non-medicated treatment options.



INSTEAD OF...	TRY...
<b>DIET</b>	
Sugary beverages	Sparkling water, unsweetened tea, or coffee
Juice, candy, pastry dessert	Fresh fruit
Eating solid fats such as butter, lard, or coconut oil	Cooking with liquid fats such as olive or avocado oil
White bread or pasta	Products labeled as "fiber-rich" and "whole grain"
Full-fat dairy products	Low-fat or non-fat dairy options
Mixed alcoholic drinks	Single beer or glass of wine
<b>LIFESTYLE</b>	
Sitting in a chair all day at work	Short walking breaks, alternate between sitting and standing
Using the elevator	Taking the stairs
Parking close to door	Parking farther away to get more steps in

### Medication Options

#### Statins

- » First-line pharmacotherapy for lipid disorder treatment and cardiovascular disease prevention.
- » Potential side effects may include muscle ache, stomach upset, and liver dysfunction.

#### Fibrates

- » May be considered in the setting of severe hypertriglyceridemia (triglycerides  $\geq$  500 mg/dL) to reduce the risk of pancreatitis.

#### Omega 3 fatty acid (fish oil)

- » Prescription formulations include icosapent ethyl, which contains eicosapentaenoic acid (EPA), or a mixture of EPA and docosahexaenoic acid (DHA).
- » Compared to over-the-counter fish oil supplements, prescription versions offer better purity and lower incidence of stomach upset.
- » Potential side effect includes increased risk of atrial fibrillation, an abnormal heart rhythm.

Before starting any medication for hypertriglyceridemia, consult your healthcare professional to discuss potential benefits and risks based on your health profile and existing medical conditions.

To find a lipid specialist in your area, use the "find a clinician" tool on [learnyourlipids.com](http://learnyourlipids.com).