

Hypertriglyceridemia

What is it?

- **Hypertriglyceridemia** – elevated triglycerides in the blood; a restriction of fat and carbohydrates and the diet; associated with atherosclerosis and can lead to pancreatitis in excessive concentrations; is a risk factor for CAD/Coronary Artery Disease
 - **Triglycerides**- are fatty substances in the blood that get their name from their chemical structure, the liver produces triglycerides, an extra calorie in your diet can be changed to triglycerides or cholesterol
 - **Triglyceride Level**- goal is less than 150 mg/dl, laboratories may vary
 - **HDL/High Density Lipoprotein**- goal is higher than 30 mg/dl



Facts:

- **Causes**- hypothyroidism, obesity, diabetes mellitus, nephritic syndrome and is one of the defined components of metabolic disorder along with obesity, hypertension and hyperglycemia; age, weight gain, diet, exercise, genetics, medications,
- **Prevention**- Omega-3 fatty acid as fish oil, gemfibrozil-600 mg. 2 times per day; always talk with your health care provider before taking any supplements

What can I do?

- **See your Health Care Provider**- to do lab work and prescribe your medications and exercise; must fast for 12 hours before the blood tests
- **See a Registered Dietitian**- for help as needed for restriction of fat and carbohydrates in the diet
 - **Meats**- broil, boil, bake, roast, stew, grill or stir fry all meats; chicken without the skin and fish are best, eat smaller amounts of lean beef and pork (avoid the red ham, bacon, sausage)
 - **Starches and Breads**- eat more whole grain breads and cereals,
 - **Fruits & Vegetables** = eat more fresh fruits & vegetables with low fat sauces, salad dressings, and mayonnaise
 - **Milk & Dairy**- a low fat milk, cheese, sour cream, cream cheese
 - **Avoid**- alcohol may increase your triglycerides & interact with medications

