**Triglycerides**  
**The Other Lipid To Watch**

**Triglycerides (TGs),** like cholesterol, are a lipid or fat in the body. TGs store unused calories and provide energy, but similar to cholesterol, elevated TG levels can be dangerous.

### Triglyceride Ranges

<table>
<thead>
<tr>
<th>Level</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe</td>
<td>≥500 mg/dL</td>
</tr>
<tr>
<td>High</td>
<td>200-499 mg/dL</td>
</tr>
<tr>
<td>Borderline High</td>
<td>150-199 mg/dL</td>
</tr>
<tr>
<td>Desirable</td>
<td>&lt;150 mg/dL</td>
</tr>
</tbody>
</table>

High TG levels, referred to as hypertriglyceridaemia, are associated with an increased risk for cardiovascular disease in some people.

In addition, severe hypertriglyceridaemia (sometimes referred to as very high triglycerides or VHTG) is associated with acute pancreatitis (inflammation of the pancreas).

**Risk factors associated with VHTG**

A range of genetic and lifestyle factors can influence the development of VHTG, including:

1. Heredity/genetic disorders such as familial hypertriglyceridaemia or abnormalities in lipid metabolism
2. Metabolism disorders such as hypothyroidism, diabetes and metabolic syndrome
3. Certain drugs such as estrogens, beta-blockers, steroids, and retinoids
4. Obesity and a sedentary lifestyle
5. Lifestyle factors such as alcohol excess, cigarettes, and a diet high in saturated fats or carbohydrates
6. Other diseases such as chronic renal failure

**Adopting a healthy diet**

**Increasing physical activity**

**Losing weight**

**Taking prescription medication may be required in some patients for whom lifestyle changes are not enough.**

Current standards of care include statins, fibrates, omega-3s and niacin.