Hypertriglyceridemia Fact Sheet

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ABOUT HYPERTRIGLYCERIDEMIA

- **Triglycerides (TGs)** are a type of lipid (fat) found in blood[1]
- TGs are an essential energy source for the body.[1,2] However, excess TGs can be harmful to a patient's health.[3] A simple blood test can reveal whether or not a patient's triglycerides fall into a normal range[1]
- **Hypertriglyceridemia** is a condition in which patients have an excess of TGs in the blood.[3] Specifically, hypertriglyceridemia is defined by TG levels ≥200 mg/dL, while severe hypertriglyceridemia (very high TGs) is defined by TG levels ≥500 mg/dL[3,4]

Triglyceride Level	Classification[3]
Less than 150 mg/dL	Normal
150 to 199 mg/dL	Borderline High
200 to 499 mg/dL	High
500 mg/dL or higher	Very High

- Hypertriglyceridemia may contribute to the buildup of plaque in artery walls known as atherosclerosis[1] Hypertriglyceridemia is also associated with an increased risk for coronary artery disease[3]
- If left untreated, hypertriglyceridemia can lead to serious health complications such as cardiovascular disease.[5] Severe hypertriglyceridemia can also lead to serious health complications such as pancreatitis[6]

RISK FACTORS

- Hypertriglyceridemia can be caused by any or a combination of the following risk factors:
  - **Metabolic Disorders** (eg, diabetes and obesity)[5]
  - **Diet & Lifestyle Behaviors** (eg, excess alcohol/carbohydrate intake and sedentary habits)[5]
  - **Genetic Causes** (eg, familial hypertriglyceridemia and lipoprotein lipase deficiency)[5]
  - **Secondary Causes** (eg, hypothyroidism and renal failure)[5]

PREVALENCE

- Overall, 31% of the adult population in the United States has triglyceride levels ≥150 mg/dL[5]
  - It's estimated that more than 40 million American adults have hypertriglyceridemia, of whom nearly four million have severe hypertriglyceridemia[7]
- The prevalence of hypertriglyceridemia is rapidly increasing in the United States, coinciding with the increasing incidence of obesity and diabetes[5]
  - Since the National Health and Nutrition Examination Survey (NHANES) III, conducted in 1998-1994, the mean TG level of American adults increased from 130 to 146 mg/dL[8]

TREATMENT OPTIONS

- The first-line treatment for reducing TG levels is making lifestyle changes, such as eating a healthy diet, increasing physical activity and losing weight.[3] For some patients, though, lifestyle changes may not be enough to lower high TG levels and medication may be needed[1]
- Patients should consult their healthcare provider to discuss the best treatment option for them

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