



GENERAL HEALTH TESTING

Triglycerides Information Sheet

What are Triglycerides?

Triglycerides are the main form of fat in the body. They are produced from the digestion and breakdown of fats in foods, as well as from the breakdown of other energy sources, such as carbohydrates. Triglycerides can be used as an immediate energy source or be stored for later use.

What are optimal triglyceride levels?

Levels below 150 mg/dL are considered desirable for adults. Triglyceride levels of 150 - 199 mg/dL are borderline high, while levels of 200 mg/dL and above are considered unhealthy (1).

Should I get my triglyceride levels measured?

The Adult Treatment Panel of the National Cholesterol Education Program recommends that a fasting lipoprotein profile (including triglyceride analysis) should be conducted once every five years from the age of 20 years onwards (2).

What are the risks of elevated triglycerides?

Elevated triglycerides are associated with an increased risk of health complications, including cardiovascular disease (3), type 2 diabetes (4), and metabolic syndrome (5). Various factors can contribute to elevated triglycerides, including being overweight, physically inactive, excess alcohol consumption, poor diet, specific drugs, smoking, and inherited genetic variations (6).

How can I lower my triglycerides?

A combination of losing weight, diet, and exercise is beneficial for reducing high triglycerides. Specific changes include limiting carbohydrate, alcohol, and fat intake, and choosing healthier unsaturated fats instead of saturated and trans fats. Abstaining from smoking and exercising for at least 30 minutes each day are also beneficial (7).

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Where can I find more info?

Visit www.genetrackdiagnostics.com for full test information, including specimen collection requirements

CONTACT US:

Email: support@genetrackdiagnostics.com

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NOTE:

This brochure is provided for general information purposes only. It is not intended to replace medical advice from a health professional.

References:

- (1) Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report. (2002). *Circulation*. 106 (25), 3143-421.
- (2) Executive summary of the third report of the National Cholesterol Education Program (NCEP) Expert Panel on detection, evaluation, and treatment of high blood cholesterol in adults (Adult Treatment Panel III). (2001). *JAMA*. 285, 2486-97.
- (3) Gotto AM. (1998). Triglyceride as a risk factor for coronary artery disease. *Am J Card*. 82 (8, s2), 22-25.
- (4) Tirosh A, et al. (2008). Changes in Triglyceride Levels Over Time and Risk of Type 2 Diabetes in Young Men. *American Diabetes Assoc*. 31 (10), 2032-2037.
- (5) Grundy SM. (1999). Hypertriglyceridemia, insulin resistance, and the metabolic syndrome. *Am J Card*. 83 (9, s2), 25-29
- (6) Kathiresan S, et al. (2009) Common variants at 30 loci contribute to polygenic dyslipidemia. *Nat Genet*. 41(1), 56-65.
- (7) Wing RR, et al. (2011). Benefits of modest weight loss in improving cardiovascular risk factors in overweight and obese individuals with type 2 diabetes. *Diabetes Care*. 34 (7), 1481-1486.