

April's Topic: Triglycerides

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HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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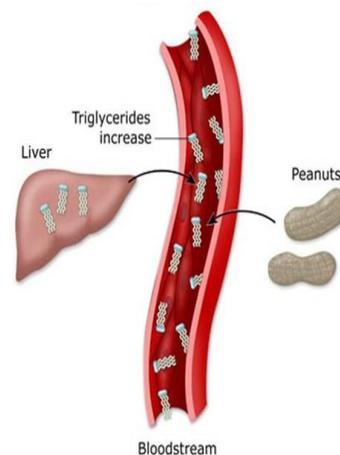
What are triglycerides?

Triglycerides are a type of fat found in your blood. They enter into your bloodstream three different ways¹:

1. Eating foods that contain fat
2. Eating extra calories, such as carbohydrates and simple sugars
3. Releasing from the body's fat stores

Any calories that don't need to be used right away are converted into triglycerides and stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more than you burn, you may have high triglycerides¹.

Both triglycerides and cholesterol are types of fat, known as lipids, you can find in your blood. **Triglycerides** store unused calories and provide energy for cell function and metabolism, while **cholesterol** is mainly used to build cells and certain hormones².



Picture From:
<https://bettervitamin.com/how-to-lower-triglycerides/>

What are normal triglyceride levels?^{1,2}

- **Normal:** under 150 mg/dL
- **Borderline high:** 150-199 mg/dL
- **High:** 200-499 mg/dL
- **Very high:** 500 mg/dL or higher

After a meal, the level of triglyceride is normally elevated. For a more accurate reading, fasting for 9-12 hours before taking a blood sample is recommended.

Medications for high triglycerides^{4,5}

Although it is very rare, triglycerides 500 mg/dL or more may require medication(s) to reduce the risk of acute pancreatitis. For patients with fasting triglycerides of 200-499 mg/dL, your doctor may recommend medication management if lifestyle changes are not enough to control high triglycerides.

Medication Class	Products	How it works	Effect on blood triglycerides	Notes
Fibrates	fenofibrate (Tricor®) gemfibrozil (Lopid®)	Activates the enzyme that breaks down triglycerides and other cholesterols from the blood	↓ 30% to 60%	<ul style="list-style-type: none"> Best at lowering triglycerides and in some cases increasing HDL levels Rarely causes muscle problems or liver abnormalities
Niacin	niacin (Niaspan®)	Also known as vitamin B3 which is essential for carbohydrate, protein and fat break down	↓ 30% to 60%	<ul style="list-style-type: none"> May cause flushing, itching and stomach upset
Statins	simvastatin (Zocor®) atorvastatin (Lipitor®) rosuvastatin (Crestor®)	Reduces cholesterol production in the liver	↓ 10% to 45%	<ul style="list-style-type: none"> Most effective at lowering LDL (bad) cholesterol Has mild effect on lowering triglycerides Rarely cause muscle problems or liver abnormalities Contraindicated in pregnancy
Omega-3 supplements	Lovaza® Vascepa®	Reduces triglyceride production in the liver		<ul style="list-style-type: none"> Studies have shown controversial results in lowering heart related risks

State Wellness Center

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References

1. Cleveland Clinic. Triglycerides [Internet]. Available from: <https://my.clevelandclinic.org/health/articles/11117-triglycerides>.
2. Mayo Clinic. Triglycerides: Why do they matter? [Internet]. Available from: <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/triglycerides/ART-20048186?pg=2>.
3. American Heart Association. Triglycerides FAQ [Internet]. Available from: http://professional.heart.org/idc/group/s/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_425988.pdf.
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State and Local Government employees (in BCBS group 30000) along with State retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to patients located in Montgomery. Please designate the site where you would like your medication delivered. If it is to your residence, someone must be available at the home to receive the delivery.

State Wellness Center

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