

About Very High Triglycerides (≥ 500 mg/dL)

It's important to understand you have a serious medical condition. Having very high triglycerides means having too much fat in the blood. If left untreated, very high triglycerides can lead to future health problems. By talking to your doctor about very high triglycerides and treatment options, including diet and exercise, you're off to a good start.

A person could have very high triglycerides and not even know it. It's important to continue to work with your doctor to monitor your triglyceride number and track your progress.

Approximately 3,400,000
...people in the U.S. have very high triglycerides.

30
The number of minutes of recommended daily exercise at least 5 days per week.

How can my doctor and I track my progress as I begin treatment?

Your doctor may have already given you a blood test called a lipid panel that measures your triglyceride and cholesterol levels. The lipid panel is a blood test that measures lipids, including LDL and HDL cholesterol and triglycerides.

Triglycerides are a type of fat found in your blood that are stored in fat cells and are released for energy in between eating.

Cholesterol is a soft, fat-like, waxy substance found in the blood and is used to build cells and certain hormones.

LDL (low-density lipoprotein), the "bad cholesterol," can build on your artery walls.

HDL (high-density lipoprotein), the "healthy (good) cholesterol," picks up excess cholesterol in your blood and takes it back to your liver for disposal.

Did you know that very high triglycerides can run in families?

Besides the food you eat and the lifestyle you lead, family health history plays a role in the condition.

What causes very high triglycerides?

While there is no one specific cause of very high triglycerides, there are certain factors that may put you at risk. If you have diabetes, high cholesterol or are overweight, you may be at a higher risk for very high triglycerides. Your family history, alcohol intake, and weight are the other risk factors.

Woodward Pharma Services believes that access to medicines is important.

Have a question? To talk with a representative, call 1-866-XXX-XXXX (1-866-475-3678) toll-free from 8 a.m. to 6 p.m. (EST) Monday through Friday.

