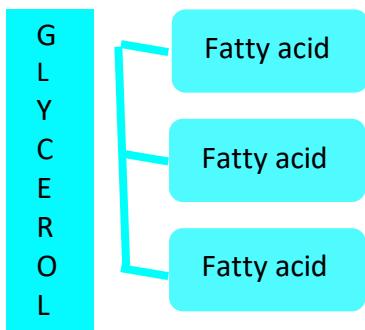


Hypertriglyceridemia (Increased Triglycerides)

Dr Ambadi MD-Consultant in Lifestyle and Wellness Medicine

Triglycerides are a type of Fat found in your blood. It is made of a Glycerol molecule bonded to three fatty acid chain.

Structure of Triglyceride



Functions of Triglycerides

- a) Provides energy to the body - 9kcal/g
- b) Provides long term energy storage
- c) Insulates against heat loss in the cold
- d) Protects the Internal organs by providing cushioning
- e) Aids in fat-soluble vitamin absorption and transport

When you eat, your body converts any calories it does not need to use right away into triglycerides. The triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals

Food is one source of Triglycerides. What we get from our diet is called exogenous Triglycerides

Your Liver also makes them. This is called Endogenous Triglycerides. When you eat extra calories especially carbohydrates your liver increases the production of Triglycerides. Adipose tissue triglyceride represents the major energy store of the body.

Fatty acids are released from adipose tissue Triglycerides by the action of hormone sensitive lipase (HSL), which is activated by Glucagon and inhibited by insulin.

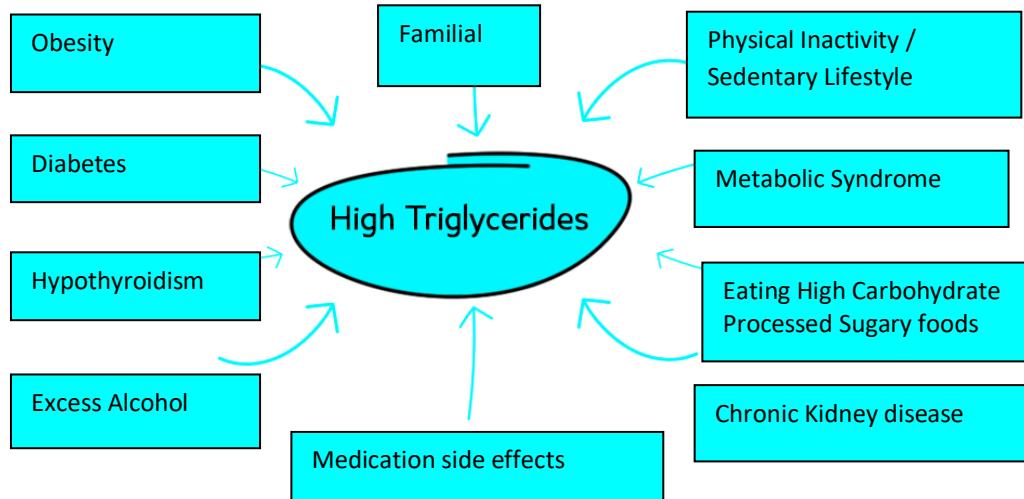
What are the symptoms?

High triglycerides usually do not cause symptoms. It is usually Asymptomatic. If your high triglycerides are due to a genetic condition, you may see fatty yellow deposits called Xanthomas under your skin.

Very high levels can cause abdominal pain, nausea and vomiting from acute Pancreatitis.

Very high levels can show a lipemic serum which is a white opaque fluid in a blood draw

Causes of High Triglycerides



Triglycerides level chart

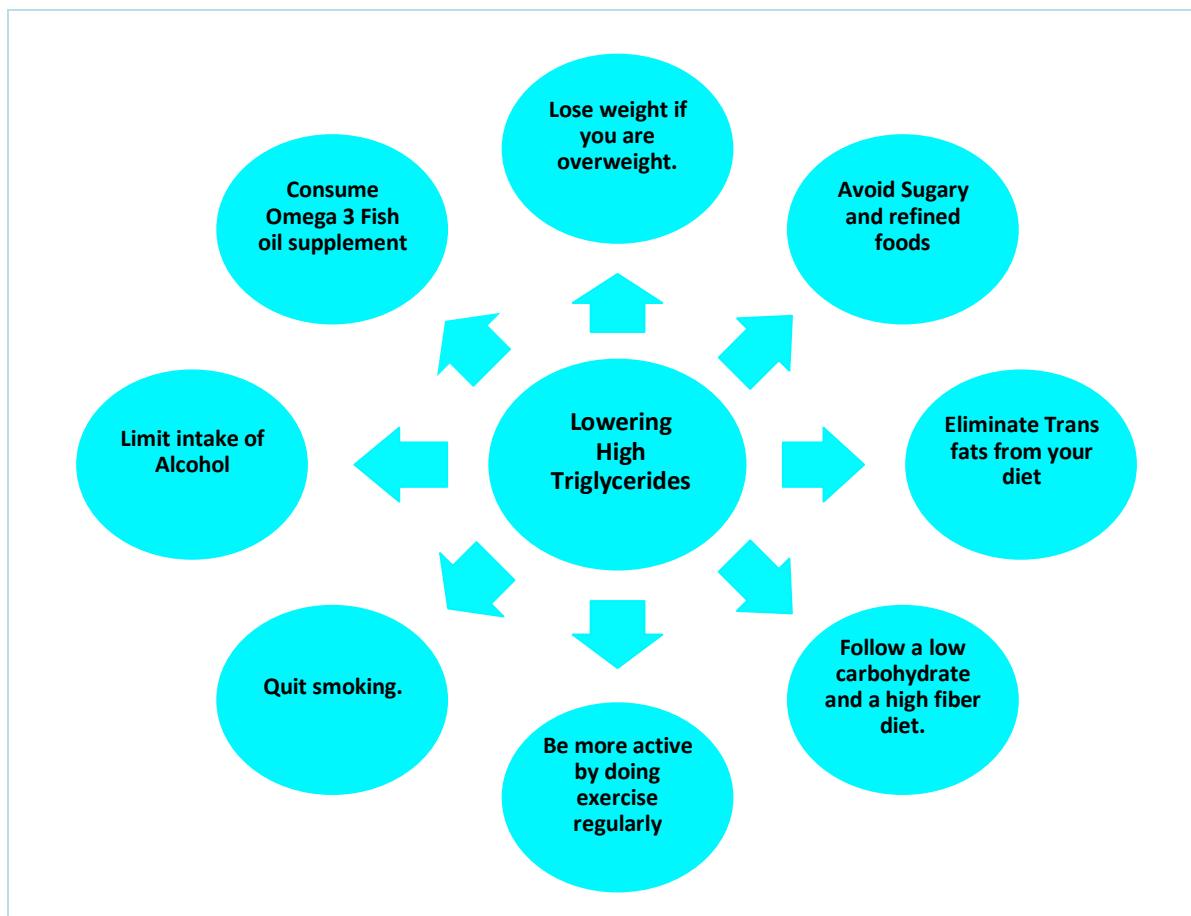
Normal	Less than 150 mg/dL
Borderline High	150 to 199 mg/dL
High	200 to 499 mg/dL
Very High	500 mg/dL or higher

Complications of high Triglycerides

- 1) Arteriosclerosis -Thickening and hardening of the walls of the arteries
- 2) Increased risk of Stroke
- 3) Increased risk of Heart attack and Heart disease
- 4) Acute Pancreatitis
- 5) Metabolic syndrome

What are the ways to lower your high triglycerides?

Make diet and lifestyle changes first to help lower your levels. If your levels are very high you will need medications.



Consume omega 3 rich fatty fish like Salmon, Sardines, Trout, Anchovy, Herring, Pollock, Mackerel, Mussels, Oysters, Crabs.

or use fish oil supplements which are bioavailable, free of environmental pollutants and have adequate strength of EPA and DHA

Take Triglyceride lowering drugs if your triglycerides are very high $> 500\text{mg/dl}$. Medications work well if combined with diet changes, lifestyle changes and use of quality supplements.

Drugs used to treat High Triglycerides
a) Statins
b) Fibrates
c) Niacin
d) Lovaza - Prescription form of Omega 3

Key takes home points in management of high Triglycerides.

- 1) It is a completely curable disease provided you change your diet, lifestyle and use quality supplements.
- 2) It is a chronic lifestyle disease which needs only a lifestyle solution for cure and no medication is needed unless the Triglyceride levels are very high.
- 3) Identify the triggers of the disease and fix them for a permanent cure
- 4) The root cause can be only identified if your doctor spends enough time with the patient going through his diet history, lifestyle history, occupational, environmental, family and medical history
- 5) Comprehensive blood work which should include at least 8 inflammatory marker levels, 12 Vitamin levels and 10 minerals needs to be done to know about your overall health status.
- 6) Your doctor has to treat the whole patient, and not the disease or the symptoms if he wants a permanent cure for the disease.
- 7) There are a lot of natural options to lower Triglycerides which can only be discussed after a detailed history taking and doing the comprehensive blood work and other diagnostic tests. I cannot treat what I cannot see. General advice may or may not work for everyone.

Advice has to be specific to you and based on your detailed medical history, blood test results and your disease precipitating triggers. Get a consultation from me. Do the right disease workup and if interested you can join my unique disease reversing and disease preventing one on one optimal wellness program.

Get your own personalized diet plan along with recipes, lifestyle advices and advice on quality supplements to use for optimal wellness

Wishing you good health and happiness

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**People are fed by the Food Industry,
Which pay no attention to health,**



**and are treated by the Health Industry,
which pay no attention to food.**

Wendell Berry

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