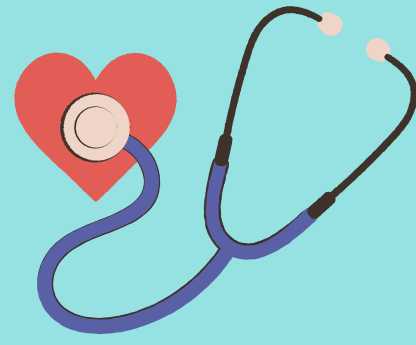


# HYPERTRIGLYCERIDAEMIA

## What is hypertriglyceridaemia?

Hypertriglyceridaemia means you have a higher than normal level of triglycerides (fats) in your blood. When you consume more calories than you need or drink excess alcohol, your body converts it into triglycerides. Triglycerides are important fats that give you energy. But, similar to high cholesterol levels, high levels of triglycerides raise your risk of heart disease. That's why it's important to learn about hypertriglyceridaemia and how to keep triglyceride levels in a healthy range.



## What is a healthy triglyceride level?

A normal triglyceride level in adults is below 2 mmol/l. Hypertriglyceridaemia means your triglyceride level is above 2 mmol/l.



## What is severe hypertriglyceridaemia?

Severe hypertriglyceridaemia means your triglycerides are 10 mmol/l or higher. People with severe hypertriglyceridaemia face an increased risk of acute pancreatitis. This is an inflammation of your pancreas that can require urgent medical care.



## Lifestyle Factors that can lead to high triglycerides include:

- Drinking too much alcohol.
- Eating too many refined carbohydrates (like white bread) or sugars.
- Eating too much saturated (unhealthy) fat.
- Inactivity (sedentary lifestyle).



## Medical conditions

Many different medical conditions can raise your triglycerides. These include:

- Diabetes.
- An under active thyroid gland (Hypothyroidism).
- Kidney disease.
- Liver disease.
- Overweight or obesity.



## What is the best treatment for hypertriglyceridaemia?

Hypertriglyceridaemia treatment includes:

- Lifestyle changes.
- Medications may rarely be used.
- Managing any underlying causes of your high triglycerides, such as those listed above.



## Lifestyle changes to lower your triglycerides

In general, treatment begins with lifestyle changes, including:

- Reducing alcohol consumption to within recommended limits.
- Avoid refined carbohydrates and sugars.
- Exercise more often.
- Maintain a healthy calorie intake.
- Replace saturated fat and with healthier fats.



## How can we help?

- If you have not already had it done, you should book an appointment with our Healthcare Assistant to check your blood pressure and weight and to take blood to check for diabetes or liver problems.
- The following resources may also be of help:
  - Our Active Health Link Workers are a fantastic resource for anyone that would like a bit more help becoming more active. Our Community Link Worker can help with any other lifestyle support. Any clinician can refer you to these services.
  - The UK government guidance on healthy eating <https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet>
  - the EAT-Lancet guidance on a diet that is healthy for you and the planet <https://eatforum.org/eat-lancet-commission/>
  - **Alcohol intake tool:** <https://www.drinkaware.co.uk/tools/self-assessment>

