What You Need to Know About ceride Le

There are no symptoms of high triglycerides.1 It is important to consult your healthcare team to check your triglycerides when measuring your cholesterol level with a standard lipid panel. This is especially important if you are at-risk of or have diabetes and/or

heart disease.1

Triglycerides are a type of fat found in the blood.² Elevated

triglycerides may be able to identify someone with increased risk of a future cardiovascular event due to diabetes or history of stroke or heart attack. Additional measures can and should be taken to reduce your risk for stroke or heart attack, especially for women and especially if you are already on a statin medication.2

Reducing triglyceride levels can be accomplished by making lifestyle changes. You may be prescribed medication(s) to help reduce your additional cardiovascular risk.2

> Some things that may lower triglyceride levels include: maintaining a healthy weight, having an active lifestyle, and **not smoking.** Some people are prone to higher levels of triglyceride due to genetics or medication they are taking.1 People with diabetes are at higher risk of increased triglyceride levels because diabetes may interfere with the way the body processes fats.4

healthcare team on what you can do to bad cholesterol (LDL) is controlled.

The following numbers are used to determine triglyceride health:2

Normal: less than 150 mg/dL

Borderline high: 150 to 199 mg/dL

High: 200 to 499 mg/dL

Very high: 500+ mg/dL

Triglyceride levels increase when calorie intake is greater than calorie expenditure.1 One of the main drivers of high triglyceride levels is consuming foods and beverages high in simple sugars.

> Foods/Beverages that raise triglyceride levels:3

Soft drinks, fruit drinks, and all sweetened beverages



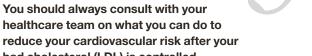
Beer, wine, spirits, and mixed drinks



Refined grains: breads, crackers, and cereals made with refined flour



Sweets and desserts: cookies, cakes, pastries, and ice cream



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