



Health Awareness

Millions Of Americans Have Very High Triglycerides. Do You?

(NAPSA)—While elevated triglyceride levels are common—millions of Americans have levels in the very high range—triglycerides are, for many, a mystery. It is possible to learn your triglyceride numbers through a routine blood test. Having elevated triglycerides is more likely if you also have type 2 diabetes, high cholesterol, high blood pressure or are overweight, and there are steps you can take to reduce them.

Triglycerides are a type of blood fat that is measured as part of a lipid panel along with cholesterol.

“When you eat, some of the calories you consume are used for energy and others are converted to triglycerides and stored,” said Tara Dall, M.D., a primary care physician who specializes in clinical lipidology. “Triglycerides are released between meals when you need energy. Triglyceride levels are important to track because if they get too high, it can cause health problems.”

Triglyceride levels are considered very high when they are greater than or equal to 500 mg/dL. A recent report from the National Health and Nutrition Examination Survey (NHANES) revealed that an estimated 3.8 million Americans have very high



A healthy diet and regular exercise can help lower triglycerides. Some people with very high triglycerides may also need medication.

triglycerides, a serious condition.

People with very high triglycerides alone do not usually have symptoms. You could have very high triglycerides and not even know it. That’s why it is important to be aware of your triglyceride number. It’s also important to know the risk factors of very high triglycerides.

“Those with other health problems, like high blood pressure, high cholesterol, obesity or type 2 diabetes, are at increased risk and should consider talking to their doctor about their triglyceride levels,” said Dr. Dall.

The American Heart Association (AHA) suggests lowering triglyceride levels by exercising and eating a healthy diet, including increasing consumption of fish high in omega-3 fatty acids and decreasing consumption of meats high in saturated fats. Some people with very high triglycerides may need medication in addition to lifestyle changes. Partner with your doctor on a plan that is best for you. This may include a prescription medication called LOVAZA, which is made from omega-3 fatty acids. Omega-3 fatty acids are “good fats” that contain natural substances your body needs but can’t produce on its own. These “good fats” are found naturally in some plants and in the oil of certain fish like salmon and mackerel. LOVAZA is approved by the Food and Drug Administration, along with a healthy diet, to lower very high triglycerides.

As a national reporter recently wrote, “If you didn’t know about triglycerides, you have plenty of company.” If you have very high triglycerides, there are steps you can take. Your doctor will recommend what is best for you. For more information about triglycerides, visit www.webmd.com/triglycerides.

Important Safety Information about LOVAZA:

LOVAZA, along with diet, helps to lower very high triglyceride levels.

Tell your doctor if you are allergic to fish; LOVAZA may not be right for you.

Talk to your doctor about any medication you are taking, especially those that may increase your risk of bleeding.

Possible side effects include burping, infection, flulike symptoms and upset stomach.

How Supplied: 1g capsules

Full prescribing and patient information can be found at www.lovaza.com.

Visit www.lovaza.com for Patient Information, Full Prescribing Information and additional resources regarding very high triglycerides.