

Heart Health: Triglycerides

What are Triglycerides?

Your body creates triglycerides when you eat more calories than you need. Your fat cells store triglycerides until you need energy, and then your hormones release them into your bloodstream.

What Causes High Triglycerides?

The Mayo Clinic asserts "If you regularly eat more calories than you burn, particularly 'easy' calories like carbohydrates and fats, you may have high triglycerides."

How do I Measure Triglycerides?

Your doctor can measure your triglyceride levels as part of a cholesterol test. You'll need to fast for a few hours before a doctor can draw your blood.

What's Normal?

If you have less than 150 milligrams (mg) of triglycerides in a deciliter (dL) of your blood, then your levels are normal. Anything over 200 mg/dL is considered high.

What is Hypertriglyceridemia?

Hypertriglyceridemia is another word for high triglyceride levels.

How Will This Affect My Health?

High triglycerides have been linked to a bunch of different health problems, including an increased risk of heart disease, heart attack, and stroke.

How Can I Reduce My Risks?

The key to reducing your triglyceride levels and improving your health is to manage your weight effectively without consuming excess calories.

What Role Does Exercise Play?

According to the Mayo Clinic, "Regular exercise can lower triglycerides and boost 'good' cholesterol."