Understanding high triglycerides and how to control it

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Introduction

Most of us do not know about high triglycerides. Studies have often linked high levels of triglyceride with heart disease, stroke, and stroke. This is especially true for people with "good" low HDL cholesterol and people with type 2 diabetes. Therefore, if you have diabetes, high blood pressure, or other symptoms that make you at risk for heart disease, your doctor will advise you to check your levels. e-triglyceride. They are essential to life, the main form of fat, and are sometimes called "lipids" in the body. Consider triglycerides when you think of fat being generated and accumulating in the lower back and stomach.

Description

They are the end product of the digestion and breakdown of fats in foods. Some are made by the body from other energy sources such as carbohydrates. When you need more energy between meals, your body's hormones release it, allowing you to harness those unused calories. High triglycerides can cause arteriosclerosis or atherosclerosis (atherosclerosis), which increases the risk of stroke, heart disease, and heart disease. Too high triglycerides can cause severe pancreatitis (pancreatitis). High triglycerides are often the hallmark of other symptoms that increase the risk of heart disease and stroke, such as obesity and metabolic syndrome. These are high fat fats, high blood pressure, high triglycerides, high blood sugar, and abnormal cholesterol levels.

HDL and triglycerides are related to metabolic and are often depleted. When triglyceride levels rise, HDL drops. The opposite is true. However, this is not always the case. People can have high triglycerides without low "isolated" HDL levels, and research now shows that high triglycerides are an independent risk factor for heart disease regardless of HDL levels. High triglycerides can cause arteriosclerosis or atherosclerosis (atherosclerosis), which increases the risk of stroke, heart disease, and heart disease. Too high triglycerides can cause severe pancreatitis (pancreatitis). High triglycerides are often the hallmark of other symptoms that increase the risk of heart disease and stroke, such as obesity and metabolic syndrome. These are high fat fats, high blood pressure, high triglycerides, high blood sugar, and abnormal cholesterol levels.

Conclusion

High triglyceride levels usually do not cause symptoms. However, other symptoms such as triglyceride levels and cholesterol can be important indicators. The guidelines recommend that most healthy adults get tested every 4-6 years to check these levels. Temporary fluctuations in triglyceride levels are common, but problems that lead to high triglyceride levels can be treated. Simple diets and lifestyle choices can help many people lower their triglycerides. Triglycerides are lipids or fats. They help you a little to keep you energized throughout the day. Your body makes triglycerides out of unused calories, storing them, and releasing them into fat cells as needed. Also, when inserted, it circulates freely in the bloodstream. Fortunately, there are many drug options. What you need now or later depends on the results of a lipid panel test used to assess triglyceride levels and cholesterol over time. However, in all cases, lifestyle changes will help reduce the cost. These include switching to a low-fat diet and getting enough exercise, as well as avoiding tobacco and reducing alcohol consumption. Your healthcare provider can help you plan and stick to it.

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