Triglycerides

Triglyceride type of fat that, in the body, stores energy from foods. They are being stored in the liver from absorbed dietary fats. Low levels may indicate decreased heart disease risk, whereas increased levels may indicate increased risk for heart disease. Therefore, monitoring triglycerides is equally important.

Ways to take action
- Maintaining healthy weight by exercise and diet
- Avoiding trans-fat
- Avoiding processed foods
- Eating fruits and vegetables
- Maintaining cholesterol levels
- Limiting alcohol consumption
- Exercising consistently
- Avoiding smoking
- Avoiding stress
- Using low-dose aspirin

Risk factors associated with elevated triglycerides levels may include:
- Diabetes
- Obesity
- Smoking
- Heart disease
- Excessive alcohol intake
- Thyroid conditions
- Hormonal imbalances
- Certain medications

How to take action if your triglycerides levels are high:
- A healthy diet
- Physical activity
- Quitting smoking
- Limiting alcohol
- Losing weight
- Medication

Other factors that may impact your disease of developing high triglycerides:
- Age
- Gender
- Genetics
- Pregnancy
- Thyroid problems
- Liver disease
- Certain medications

Keep in mind:
- The impact of a high triglyceride level on your health is not the same for everyone. The effect of high triglycerides on your heart health depends on your overall health and risk profile. It’s important to talk to your healthcare provider about your triglyceride levels and how to manage them.

Review your results.

Method
- The sample is an essential test that shows the heart’s activity in the brain and the muscles. It is a practical method to determine the heart's activity. The test is done with a specialized device called an ECG. The test is done by placing electrodes on the chest and recording the electrical activity of the heart. The ECG is then analyzed to determine the heart's activity.

About the test
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Risk factors associated with triglycerides:
- Obesity
- Diabetes
- Hyperlipidemia
- Hypothyroidism
- Liver disease
- Medication
- Smoking

References: