Triglycerides

Jamil, your genetic result is associated with a typical blood level of triglycerides.

Investment: 95% of people with this genetic result have triglyceride levels (after 12 hours fasting) of 150 mg/dL or less. This is lower than the recommended range for men and women.

Jamil, you may be at increased risk for:

- Heart disease
- Stroke
- Type 2 diabetes
- Fatty liver disease
- Kidney disease
- Gout

Jamil, you may benefit from:

- Eating a healthy diet
- Losing weight
- Being physically active
- The same lifestyle strategies as above

Your total cholesterol result is normal. If you have a history of heart disease or other health conditions, consider consulting with your doctor about how to lower your total cholesterol level.

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Ways to take action

Heart-healthy lifestyle changes can lower triglyceride levels and reduce your risk of heart disease:

- Eat heart-healthy diet: A diet that emphasizes whole grains, fruits, vegetables, and low-fat dairy products, and limits saturated and trans fats.
- Lose weight: Losing even a small amount of weight can help lower triglyceride levels.
- Be physically active: Regular physical activity can help lower triglyceride levels.
- Stop smoking: Smoking can raise triglyceride levels and increase your risk of heart disease.
- Take medications: If lifestyle changes are not enough, your healthcare provider may recommend medications to lower your triglyceride levels.

Other factors that can lower your risk of developing high triglycerides

- Family history
- Age
- Gender
- Ethnicity
- Physical inactivity
- Alcohol use
- Diabetes
- Kidney disease
- Triglycerides in the bloodstream

- Fasting
- Body weight
- Diet

- Exercise
- Medications

- Lifestyle changes

- Other factors

About triglycerides

What are triglycerides?

Blood triglycerides are fats in your blood. They are produced by the liver, and they are also found in foods like cheese, eggs, and fatty fish. High blood triglycerides can increase your risk of heart disease.

How can high triglycerides impact your heart health?

High blood triglycerides can increase your risk of heart disease. They can also contribute to the formation of atherosclerotic plaque, which can lead to heart attacks or strokes.

Other factors that can lower your risk of developing high triglycerides

- Fasting
- Body weight
- Diet
- Exercise
- Medications
- Lifestyle changes
- Other factors

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How to lower triglycerides

- Eat a heart-healthy diet
- Lose weight
- Be physically active
- Stop smoking
- Take medications

- Lifestyle changes

- Other factors

How to check triglycerides

- Fasting
- Body weight
- Diet
- Exercise
- Medications

- Lifestyle changes

- Other factors

It's important to consult with your healthcare provider about how to lower your triglyceride levels and reduce your risk of heart disease.

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