

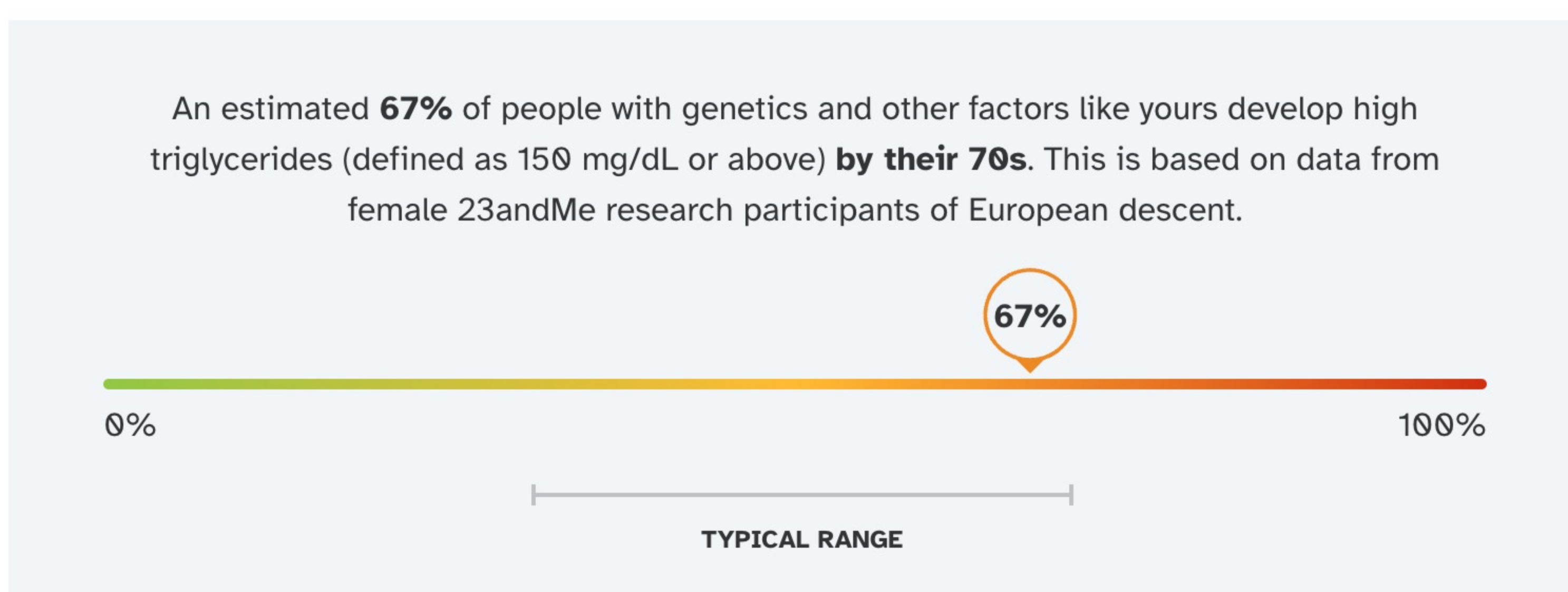
Triglycerides

POWERED BY 23ANDME RESEARCH

Triglycerides are a type of fat, or lipid, that the body uses to store energy from food for later use. Having blood triglyceride levels that are too high can increase the likelihood of developing heart disease, stroke, and sometimes pancreatitis.



Jamie, your genetic result is associated with a **typical likelihood** of developing high triglycerides.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing high triglycerides also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can lower triglycerides and reduce the risk of heart disease and stroke.

- Maintain a healthy weight. If you're overweight, losing weight can lower triglyceride levels.
- Avoid foods high in simple carbohydrates like sugar, sweetened beverages, white bread, and white rice.
- Replace saturated fats and trans fats with healthier unsaturated fats from sources like vegetable oils, nuts, and fish.
- Limit alcohol consumption. Excessive alcohol consumption can raise triglyceride levels.
- Exercise regularly. A good goal for heart health is 30 minutes of moderate to vigorous exercise most days of the week.



Since heart disease and stroke risk increase with age, it's also important to see a healthcare provider for regular heart health assessments, which can include blood tests for triglyceride levels.

[Learn more from the Mayo Clinic](#)

About triglycerides

What are triglycerides?

Triglycerides are a form of fat, or lipid. They are produced by the body when you consume more calories than are needed. The energy from these excess calories is stored inside cells in the form of triglycerides until it is needed. Triglycerides are measured with a blood test. Normal triglyceride levels are often defined as being lower than 150 mg/dL (said "milligrams per deciliter").

How can high triglycerides impact your health?

Having higher than normal triglycerides is associated with an increased risk for heart disease, heart attack, and stroke. It may also be a sign of other conditions that increase the risk for heart disease, including type 2 diabetes and low HDL (or "good") cholesterol levels. Very high levels of triglycerides can cause a sudden onset of pancreatitis, or inflammation of the pancreas.

People with high triglycerides may not have any symptoms. They may first learn that they have high triglycerides when they get a blood test for lipid levels, including cholesterol as well as triglycerides. Depending on your triglyceride levels and whether you have other risk factors for heart disease and stroke, your doctor may recommend lifestyle changes and/or medications to help lower your triglyceride levels.

Other factors that can impact your chances of developing high triglycerides

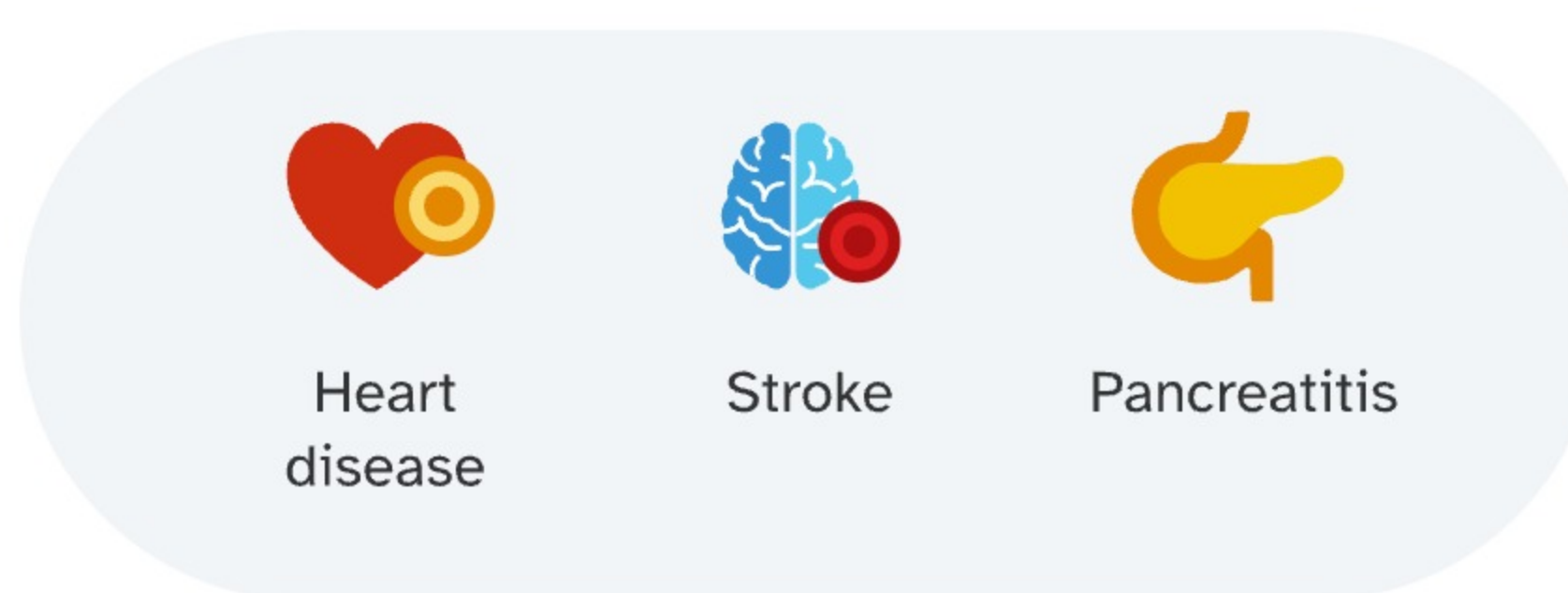
Besides genetics, weight, and lifestyle, other factors that can increase the likelihood of developing high triglycerides include:

- Age (triglyceride levels tend to increase with age)
- Family history
- Being pregnant
- Certain health conditions, including type 2 diabetes, low HDL ("good") cholesterol, and hypothyroidism
- Certain medications

Triglyceride ranges for adults

Normal	Less than 150 mg/dL
Bordertine high	150-199 mg/dL
High	200-499 mg/dL
Very high	500 mg/dL or higher

Source: National Institute of Health



Age



Family history



Being pregnant



Certain health conditions



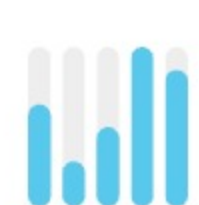
Certain medications

Keep in mind

This report **does not diagnose** high triglycerides. **Consult with a healthcare professional** if you are concerned about your likelihood of developing high triglycerides, have a personal or family history of high triglycerides, or before making any major lifestyle changes.



If you have already been diagnosed with high triglycerides by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing high triglycerides also depends on **other factors**, including lifestyle and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing high triglycerides.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

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