know your TGs™ TRIGLYCERIDES



Your guide to discussing very high triglycerides with your doctor

Having a triglyceride level of 500 mg/dL or above is considered very high, and it's completely understandable to have questions or concerns. Take this guide with you to your next doctor appointment to have a meaningful conversation and make sure your questions are answered. Use the space below and on the back to jot down any notes or things you want to remember.

UNDERSTANDING MY DISEASE

1. **What could be causing my triglyceride levels to be so high?**

2. **What symptoms should I watch for with very high triglycerides?**

3. **What risks come with having very high triglycerides?**

4. **What triglyceride level should I aim for?**

CREATING A PLAN THAT WORKS FOR ME

1. **What lifestyle changes can I make to help lower my triglycerides?**

2. **What medications are available specifically to treat very high triglycerides?**

3. **What goals should we work on together, and how will I know I'm moving in the right direction?**

4. **How long will it take to see results?**

For more information and helpful resources about managing very high triglycerides, **visit KnowYourTGs.com**

Notes

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