

How well do you know your TGs?

Your quick reference guide to understanding very high triglycerides and how to manage them.

Know your 

What are triglycerides?

Triglycerides (TGs) are a type of fat in your blood that your body uses to store energy. Sometimes, TG levels can get higher than is healthy, which may increase the risk of certain health problems, including pancreatitis, a condition where the pancreas suddenly becomes irritated and painful. To keep an eye on your TGs and other fats, like cholesterol, your doctor will usually do a blood test called a lipid panel or lipid profile. Once your results are in, your doctor will look at where your TG levels fall to better understand what they mean for your heart and overall health.

Understanding very high TG levels

500 mg/dL or above

Very high TGs, sometimes called severe hypertriglyceridemia, can raise the risk of pancreatitis, heart disease, and fatty liver disease. It's natural to have concerns, but learning what these numbers mean can help you and your doctor take the next steps to lower those risks and support your health.



To learn more about the different TG levels, visit [KnowYourTGs.com](https://www.knowyourtgs.com)

Click the purple link icons to learn more about that topic. 

What symptoms do people with very high TGs experience?



Some symptoms of very high TGs include anxiety, fatigue, depression, and stomach pain.

While not everyone with very high TGs notices symptoms, some have reported changes that affected their mood, energy, and overall well-being.

What causes very high TGs?



There are many reasons TGs can rise. For some, it's lifestyle; for others, it may be related to health conditions, medications, or even genetics. Understanding what's causing your very high TGs can help you and your doctor decide on a management plan that's best for you.

How are TGs managed?



When managing your TGs, your healthcare team may include your primary care doctor, specialists, and dietitians, all working together to support you. They might suggest changes to your diet or lifestyle, and sometimes medication, to help bring your TG levels down. And remember, every step you take with your care team can help improve how your TGs are managed.

Talk to your healthcare team about how you can take steps to lower your TGs.

What is FCS?

Familial chylomicronemia syndrome, or FCS, is a rare genetic condition that makes it difficult for the body to break down TGs, often resulting in extremely high levels (>880 mg/dL). Even a small amount of fat in food can make someone with FCS feel very sick. Because of this, following a strict low-fat diet is important to help lower serious risks, like pancreatitis. Doctors look for signs that may point to FCS, such as TG levels that stay extremely high even with treatment and aren't caused by diet, alcohol, or medications. FCS can also cause stomach pain or make your blood look cloudy or "milky" because of the high fat levels. To confirm a diagnosis, doctors may use genetic testing to check to see if they have one or more of the genes that causes FCS. Knowing these signs and how FCS is diagnosed can help you and your doctor take informed steps to manage the condition and support your health.

How is FCS managed?



Working with experts

Lipid specialists focus on cholesterol and triglycerides to help determine the cause for your extremely high TGs. And registered dietitians can help you find practical, everyday changes, including meal plans that support your health goals while fitting your lifestyle.

A prescription treatment for adults with FCS

FCS can be managed with an [FDA-approved prescription medicine](#).

Actor portrayals; not actual
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Bring the Know Your TGs Discussion Guide with you to your next doctor appointment to have a meaningful conversation and make sure your questions are answered.

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