

How well do you know your triglycerides?

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

What are triglycerides?

Triglycerides are a type of fat in your blood that your body uses to store energy. Sometimes, triglyceride levels can get higher than is healthy. This may increase the risk of certain health problems, including pancreatitis, a condition where the pancreas suddenly becomes inflamed and painful. To keep an eye on your triglycerides 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 triglyceride levels fall to better understand what they mean for your heart and overall health.

Understanding very high triglyceride levels 500 mg/dL or above

Very high triglycerides, 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.

What symptoms do people with very high triglycerides experience?

Some symptoms of very high triglycerides include anxiety, fatigue, depression, and stomach pain. **While not everyone with very high triglycerides notices symptoms**, some have reported changes that affected their mood, energy, and overall well-being.

What causes very high triglycerides?

There are many reasons triglycerides 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 triglycerides can help you and your doctor decide on a management plan that's best for you.

How are triglycerides managed?

Working with experts is important for people with very high triglycerides. When managing your triglycerides, 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 triglyceride levels down. And remember, every step you take with your care team can help improve how your triglycerides are managed.

A prescription treatment for adults with very high triglycerides

Very high triglycerides can be managed with an **FDA-approved prescription medicine**.



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

What is FCS?

Familial chylomicronemia syndrome, or FCS, is a rare genetic condition on the more extreme end of the very high triglyceride spectrum, resulting in levels of 880 mg/dL or higher. Because FCS prevents the body from breaking down triglycerides properly, fat from food builds up in the blood rather than being cleared. Over time, this buildup can raise the risk of serious complications like pancreatitis.

How is FCS managed?

Working with experts is important for people with FCS. Lipid specialists focus on cholesterol and triglycerides to help determine the cause for your extremely high triglycerides. 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**.



Bring the Know Your Triglycerides™ 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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Actor portrayals.