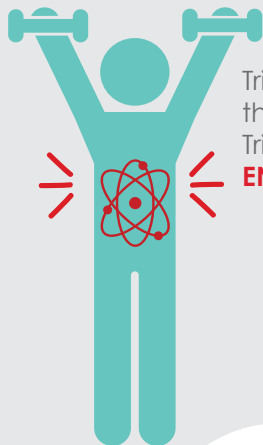
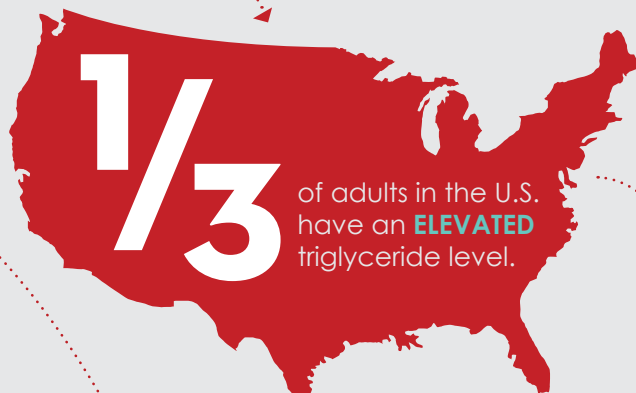


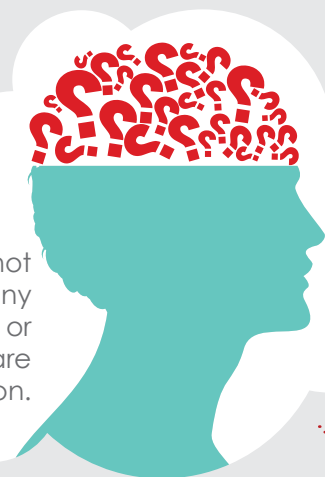
WHAT'S YOUR NUMBER?



Triglycerides are a form of **FAT** that circulates in your blood. Triglycerides are used as an **ENERGY SOURCE** by your body.



Patients may not recognize any **SYMPTOMS** or be aware of the condition.



Although your body needs some triglycerides, **TOO MUCH** may lead to heart disease, stroke or severe abdominal pain due to **IRRITATION** of the pancreas.



Your clinician will check your triglyceride level with a simple **BLOOD TEST**, usually as part of a full lipid profile test that will report your Total Cholesterol, LDL cholesterol and HDL cholesterol.



Compare your triglyceride level to the following categories:

- a. **NORMAL:** less than 150 mg/dL
- b. **BORDERLINE HIGH:** 150-199 mg/dL
- c. **HIGH:** 200-499 mg/dL
- d. **VERY HIGH:** 500 mg/dL or more

Speak to your health care provider about the results of your entire lipid profile, including your triglyceride level. If your patients' triglyceride level is 150 mg/dL or above, you need to engage in a more comprehensive discussion about triglycerides with them.