

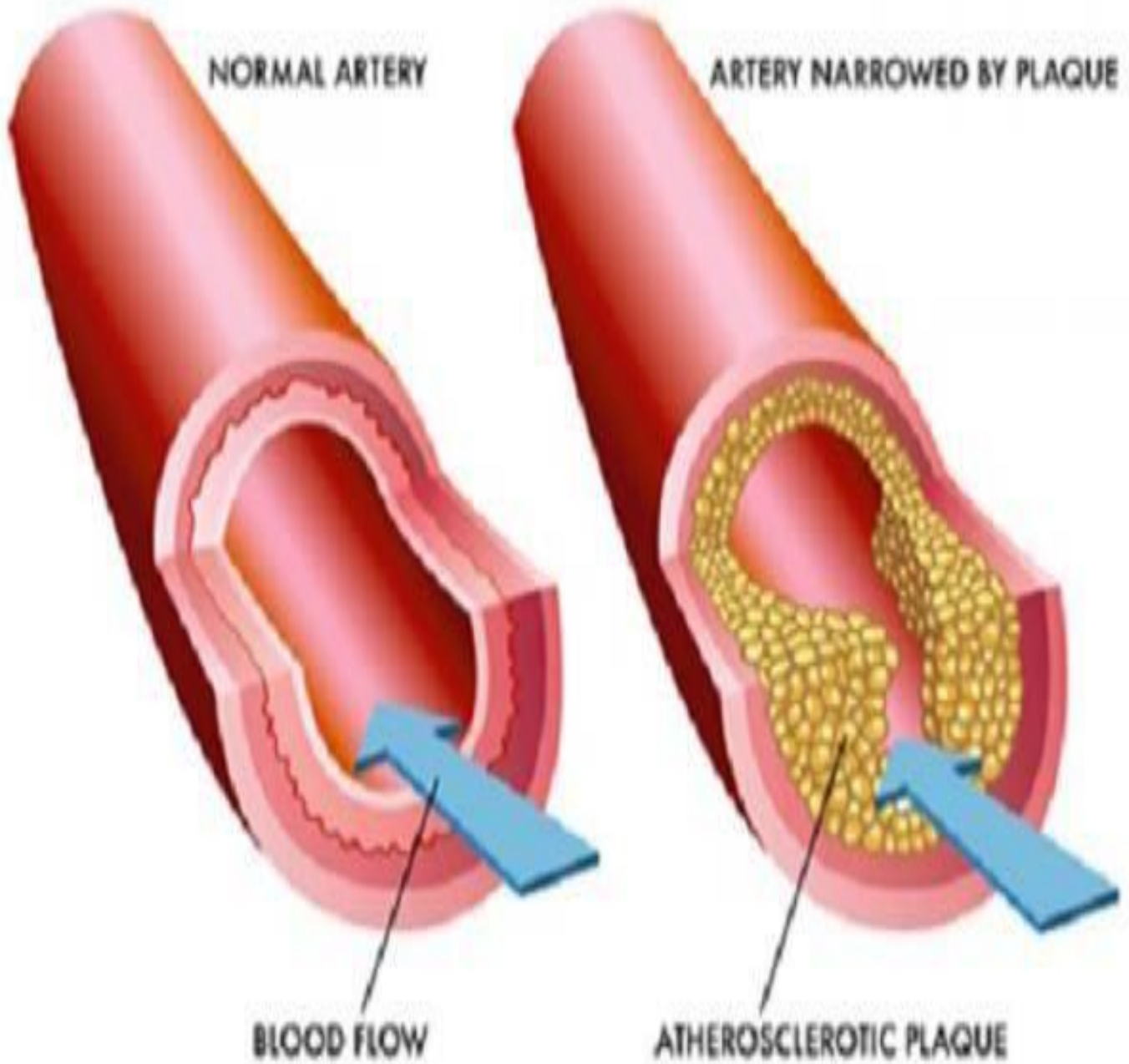
What are triglycerides?

Triglycerides are a fatty substance made up of 3 fatty acids, each bound to a glycerol molecule, and either obtained from food or synthesized in the liver.

The body absorbs triglycerides from the intestines, and the blood transports them to all cells in the body to be used as an energy source, while the excess is retained in fat cells throughout the body.

High triglycerides have been linked to heart disease, but sometimes it's easy and treated with lifestyle changes or with the help of medical treatments.

ATHEROSCLEROSIS



Reasons for the accumulation of triglycerides in the body

There are several reasons for the accumulation of triglycerides in the body, the most important of which are the following: There are several reasons for the accumulation of triglycerides in the body, the most important of which are the following:

idleness.

obesity.

Thyroid dysfunction.

diabetes mellitus;

Drinking alcohol excessively.

smoking. idleness.

obesity.

Thyroid dysfunction.

diabetes mellitus;

Drinking alcohol excessively.

smoking.

Consuming more calories than you burn regularly.

High blood sugar.

genetic causes

Liver or kidney disease.

Some medicines, such as: (3)

diuretics;

beta blockers;

estrogen;

steroids;

How is triglyceride checked? How is triglyceride checked?

The triglyceride test is usually part of a lipid profile, which measures the level of fats in the blood, including triglycerides and both good and bad cholesterol.

You will need to fast for 9 to 12 hours before the blood sample is drawn so that the results of the triglyceride test are accurate and clear.

The American Heart Association recommends that everyone age 21 and older get their triglycerides checked at least every 5 years.

The risk of high triglyceride levels.

If you do not reduce the percentage of triglycerides in the body, you may be at risk of developing serious diseases, the most important of which are the following:

Arteriosclerosis.

brain attack.

heart attacks;

heart disease;

acute pancreatitis;

Arteriosclerosis.

brain attack.

heart attacks;

heart disease;

acute pancreatitis;