

Triglycerides

Presented By

Assist.Lecturer

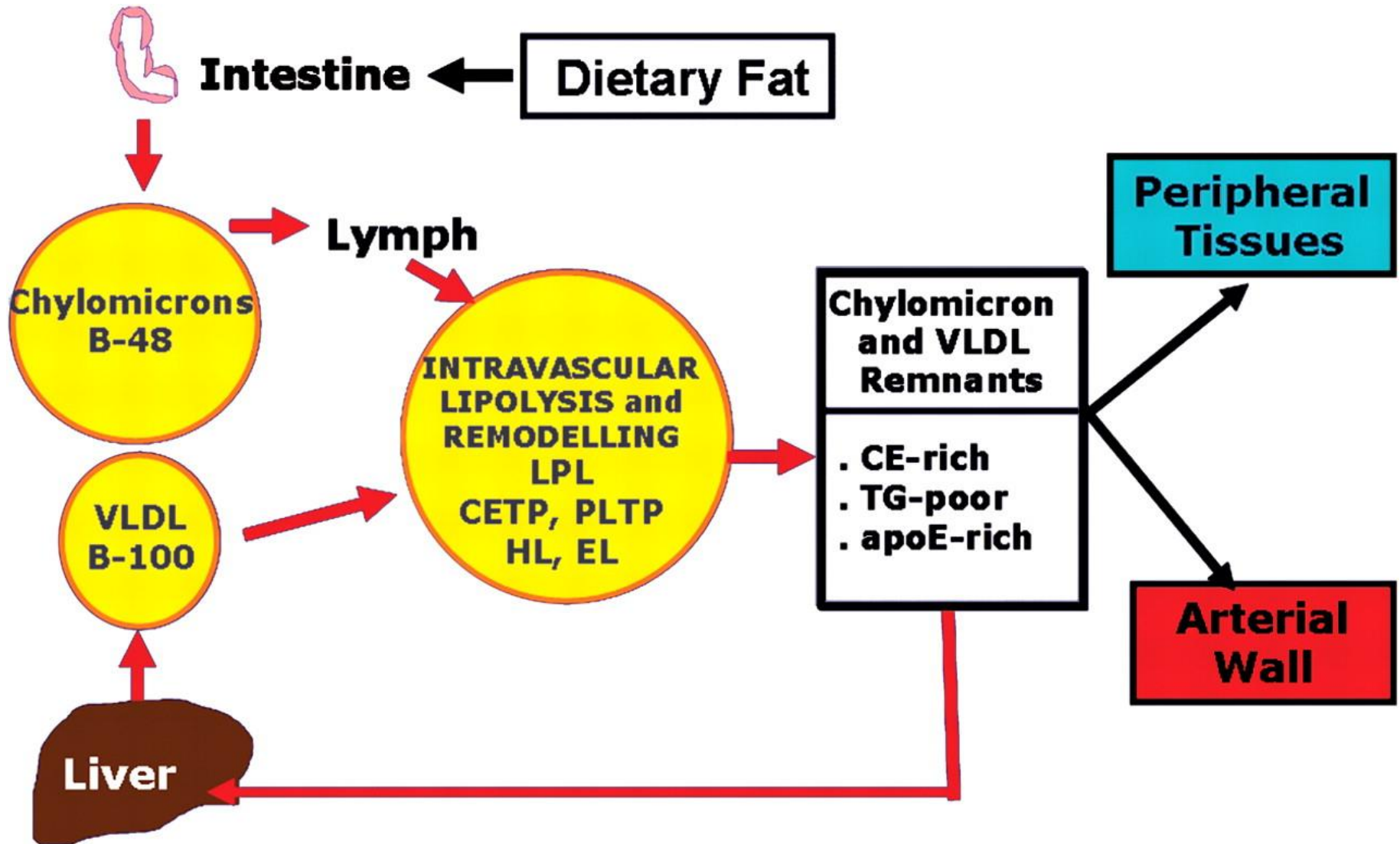
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What are triglycerides?

- Triglycerides are one of the types of fats transported in the bloodstream
- Most of body's fat is stored in the tissues as TGs
- TGs in the blood are a mixture of TGs from dietary sources and TGs produced by the body as source of energy

Metabolism of triglycerides:



What can hypertriglyceridemia cause?

- It can lead to **atherosclerosis** since most of TG-containing lipoproteins that transport fat in the bloodstream also transport cholesterol which is a major contributor to atherosclerosis
- Elevated TGs along with elevated cholesterol is referred to as **mixed hyperlipidemia**

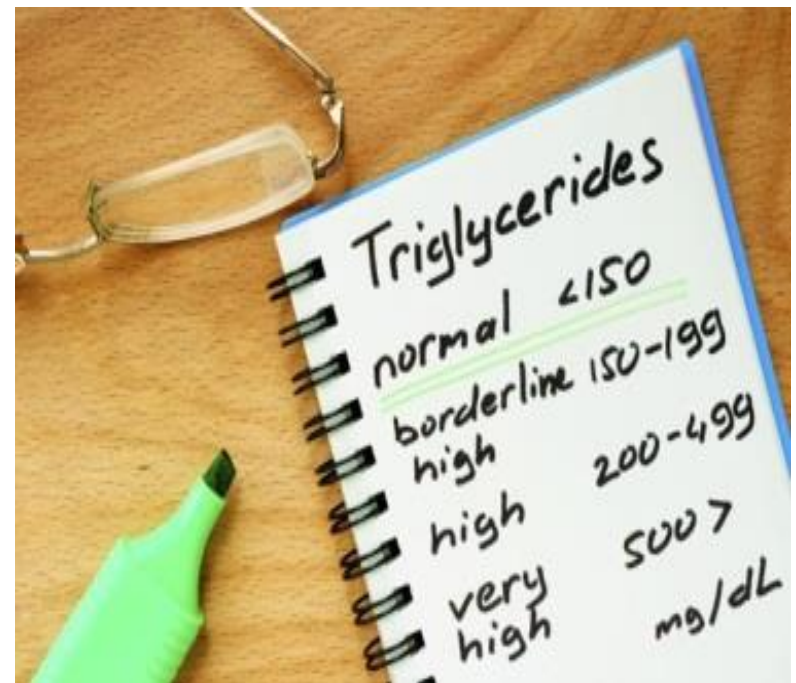
Triglycerides test:

- It is done by collecting a blood sample
- The patient must be fast for 12 hours
- It is a part of lipid profile test



Reference values:

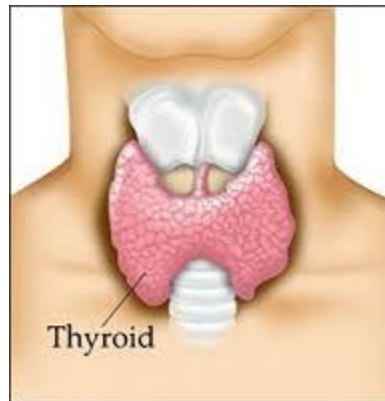
- **Normal:** < 150 mg/dl
- **Borderline to high:** 150-199 mg/dl
- **High:** 200-499 mg/dl
- **Very high:** ≥ 500 mg/dl



Causes of hypertriglyceridemia:

- **Diseases:**

- **Diabetes mellitus**
- **Kidney disease**
- **Alcoholism**
- **Hypothyroidism**
- **Obesity**



- **Medications:**

- **Birth control pills**
- **Estrogens**
- **Beta blockers**
- **Immunosuppressants**



- **Familial (genetic) disorders of lipid metabolism**

Thank
you

