

What to Ask at Your Next Healthcare Visit:

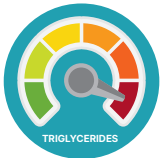
Triglycerides and Your Health

Questions to Ask Your Healthcare Team

Triglycerides are a type of fat in your blood, and high levels can increase your risk for serious health problems like heart disease, pancreatitis, heart attack, and stroke. You can often lower your triglycerides with healthy lifestyle changes and, if needed, medication. **At your next healthcare visit, ask your doctor what your levels are and what steps you can take to reduce your risk.**



To Understand Your Triglyceride Level



- If it's been a while since my last test, should I have my triglycerides checked?
- What is my triglyceride level?
- Is my level considered high or severe?
- What should my goal level be?

To Understand Your Risk



- What causes high triglycerides?
- How do high triglycerides affect my blood glucose or insulin resistance?
- Does having high triglycerides increase my risk for complications like heart disease or pancreatitis?

To Understand Your Treatment and Management



- Should I make changes to my eating plan?
 - Should I work with a registered dietitian nutritionist (RDN)?
 - Should I avoid alcohol completely?
- How much physical activity should I get each week?
- Should I take medication to lower my triglycerides?

To Understand Your Follow-Up Care



- How will we track my progress?
- When should I follow up with you?
- When should I have my triglycerides checked again?

You can manage your triglyceride levels with your treatment plan and support from your healthcare team. Bring these questions to your next visit with your doctor.