

MEDICAL EDUCATION

SPEAKERS NETWORK

ESTD  DATE

Medical Education Trending Topic

Hypertriglyceridemia: Causes, Risks, and Treatment

If your medical staff would like an update on treating patients with hypertriglyceridemia, please contact our office to schedule a virtual lecture at 877-505-4777 or info@speakersnetwork.com.

What is the problem:

Hypertriglyceridemia is a prevalent metabolic abnormality that predisposes individuals to an increased risk of cardiovascular disease and pancreatitis. In the United States, the prevalence of hypertriglyceridemia in adults aged 20 years and older is approximately 35% in men and 25% in women. It is often caused or exacerbated by uncontrolled diabetes mellitus, obesity, and sedentary habits. Physicians need to be more aware of the genetic and environmental factors contributing to hypertriglyceridemia, guidelines for classification, and therapeutic options.

Learning Objectives:

After the activity, participants will be able to:

- Discuss the epidemiologic and genetic evidence linking hypertriglyceridemia (HTG) with increased risk of atherosclerotic cardiovascular disease (ASCVD)
- Relate the pathophysiology of HTG, including elevated levels of remnant lipoproteins, to its causal connection to ASCVD
- Describe the anti-atherosclerotic properties of TG-lowering agents, with a focus on prescription (Rx) omega-3 fatty acids (ω -3)
- Apply best evidence (including evidence-based recommendations and guidelines) to lifestyle and therapeutic approaches for HTG management

References:

<https://emedicine.medscape.com/article/126568-overview>

<https://www.acc.org/latest-in-cardiology/articles/2019/01/11/07/39/hypertriglyceridemia-management-according-to-the-2018-aha-acc-guideline>