



# WOMEN'S HEALTH

## Triglycerides—Quick Facts For Women's Health

(NAPSA)—More than just “good” cholesterol and “bad” cholesterol, it's important to know what other fats come into play for good health.

Dr. Lori Mosca, M.D., M.P.H., Ph.D., director of preventive cardiology at New York-Presbyterian Hospital-Columbia, and associate professor of medicine at Columbia University College of Physicians and Surgeons, answers some very important questions



Dr. Mosca

about heart health.

**Q. What are the blood fats that are most important to know about?**

**A:** When I visit with patients, I make sure to discuss the good, the bad and the ugly when it comes to blood fats. That is, good cholesterol, bad cholesterol and triglycerides. Triglycerides are one of several types of fat found in our blood that are stored in our body when we eat too many calories. Triglyceride levels vary from normal to very high. Even when cholesterol levels are normal, very high triglycerides are something that patients should address with a doctor.

**Q. Are high triglycerides of equal concern to both men and women?**

**A:** It is important for both men and women to know their triglyceride levels. Both men and women need to manage their high triglycerides, but women especially should be sure to manage their very high triglycerides as they pose a greater risk to women than men. If you have very high triglycerides, your doctor may recommend a prescription omega-3 in addition to diet and exercise.

**Q. What is omega-3 anyway?**

**A:** Omega-3 fatty acids are found generally in fatty fish and certain vegetable foods. However,

### Triglyceride Facts at a Glance

- Staying healthy means eating right, exercising and, if medication is needed, listening to your doctor's advice.
- Women especially should be sure to manage their very high triglycerides as very high triglycerides pose a greater risk to women than men.
- Prescription omega-3 (but not supplements) is approved for the treatment of very high triglycerides.
- Dietary supplements are not intended for the treatment of disease.
- It is important for patients to discuss supplement use with a doctor because not all supplements are the same. The AHA and American College of Physicians do not recommend the use of dietary supplements in disease management.



the amount of omega-3 needed to reduce triglycerides may be difficult to get from foods or supplements alone. The American Heart Association (AHA) recommends that those taking four grams of omega-3 each day should only do so under a doctor's care.

**Q. Are omega-3 supplements or fish oil appropriate for lowering triglycerides?**

**A:** Prescription omega-3 (but not supplements) is approved for the treatment of very high triglycerides. Dietary supplements are not intended for the treatment of disease. It is important for patients to discuss supplement use with a doctor because not all supplements are the same. Staying healthy means eating right, exercising and, if medication is needed, listening to your doctor's advice.

**Q. Is there any more information available on this topic?**

**A:** You can speak with your doctor or learn more about triglycerides and omega-3s at [www.hearthealthtimes.com](http://www.hearthealthtimes.com).