

Triglycerides

Description	Triglycerides are measured as part of a lipid profile.
Indication	Lipid profiles are requested for monitoring or screening purposes. Used to assess risk of cardiovascular disease.
Additional Info	<p>Triglycerides are composed of three fatty acids esterified with a glycerol backbone. Most triglycerides come from the diet and some are made in the liver. They are hydrolysed in the gut by lipases to fatty acids and glycerol. The primary function of triglycerides is to provide energy for the body. They are transported around the body in lipoproteins and are mobilised from adipose tissue by the action of hormone-sensitive lipase which is activated by glucagon and adrenaline and inhibited by insulin.</p> <p>If triglycerides >4.5 mmol/L then LDL cholesterol will not be calculated.</p>
Concurrent Tests	Part of lipid profile (including total cholesterol, HDL, calculated LDL).
Dietary Requirements	Fasting.
Interpretation	<p>Reference range <2.3 mmol/L.</p> <p>High levels of triglycerides can be caused by poor diet, poorly controlled diabetes, obesity, impaired renal function or alcoholism. High triglycerides are often seen with high cholesterol and this can give an indication of CHD risk. High triglycerides can cause pancreatitis.</p>
Collection Conditions	Fasting serum sample
Frequency of testing	As required.