



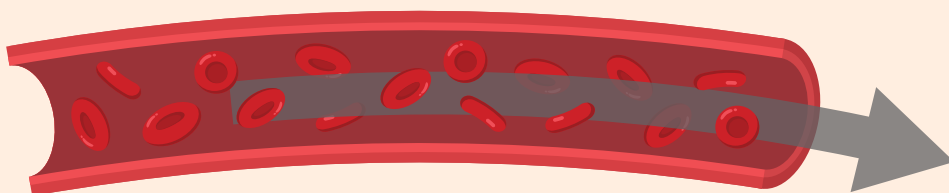
# TRIGLYCERIDES AND CARDIOVASCULAR DISEASE -

## HOW TO REDUCE YOUR RISK

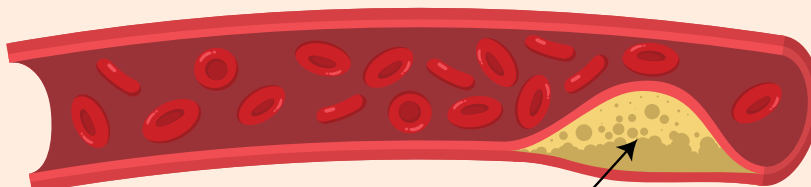
### UNDERSTANDING CARDIOVASCULAR DISEASE

- » Cardiovascular disease (CVD), which includes heart attacks and strokes, is the leading cause of death in the United States
- » CVD is commonly caused by narrowing of the arteries (sometimes called atherosclerosis) due to the formation of plaque in the arteries - this can make it more difficult for blood to flow
- » Having high cholesterol levels can increase your risk of CVD
- » Other things that can increase your risk of CVD include: having high blood pressure, having diabetes, using tobacco, and being overweight
- » Reducing cholesterol levels can reduce CVD risk

#### HEALTHY ARTERY



#### NARROWED ARTERY



#### PLAQUE (FAT)



INCREASED BLOCKAGE = INCREASED RISK

### UNDERSTANDING CHOLESTEROL AND TRIGLYCERIDE LEVELS

#### TOTAL CHOLESTEROL LEVEL

##### HDL-c

**"Good cholesterol"**  
Normal = 40-59 mg/dL

##### LDL-c

**"Bad cholesterol"**  
Normal = 100-129 mg/dL

##### TRIGLYCERIDES

**A type of fat that is circulated in the blood**  
Normal = <150 mg/dL

- » Your total cholesterol is a number that is based on your HDL cholesterol (HDL-c), LDL cholesterol (LDL-c), and your triglycerides
- » The following can increase your CVD risk:
  - » Having too little HDL-c
  - » High levels of LDL-c
  - » High levels of triglycerides

# REDUCING CVD RISK



- » Many patients take medications called statins to help lower cholesterol and reduce CVD risk
- » New information has shown that patients with high triglycerides ( $\geq 150$  mg/dL) who take statins can lower their CVD risk by lowering their triglycerides
- » Certain medications, called omega-3 fatty acids may help to lower triglycerides and reduce CVD risk

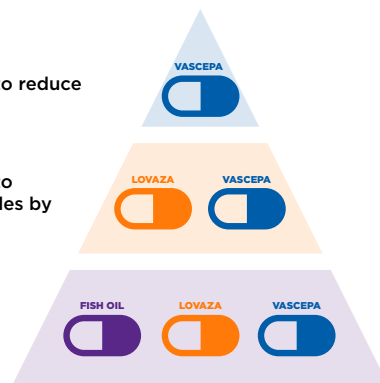
## BENEFITS OF OMEGA-3 FATTY ACIDS

- » Fish oil supplements are not reviewed or approved by the FDA, and should not be used in place of prescription medications, according to the American Heart Association<sup>1</sup>
- » Prescription omega-3 fatty acids (Lovaza<sup>®</sup> and Vascepa<sup>®</sup>) have been shown to reduce triglyceride levels by about 30% in patients with high triglyceride levels
- » Only Vascepa<sup>®</sup> (icosapent ethyl) has been shown to reduce the risk of CVD
- » Vascepa<sup>®</sup> reduces the risk of cardiovascular disease by 25% in patients with high triglycerides who are also taking a statin medication
- » Not all sources of omega-3 fatty acids provide the same benefits in terms of reducing the risk of CVD

Clinically shown to reduce CVD risk

Clinically shown to reduce triglycerides by about 30%

Good source of omega-3 fatty acids



## SOURCES OF OMEGA-3 FATTY ACIDS

- » Common sources of omega-3 fatty acids include food, fish oil supplements, and prescription medications
- » Prescription omega-3 fatty acids are highly purified and have been approved by the FDA
- » Fish oil supplements are readily available without a prescription, but haven't been shown to reduce the risk of CVD

1. American Heart Association Science Advisory. "Prescription omega-3 fatty acid medications effectively lower high triglycerides." American Heart Association Newsroom, American Heart Association. 19 August 2019. <https://newsroom.heart.org/news/prescription-omega-3-fatty-acid-medications-effectively-lower-high-triglycerides?preview=61b7>.

DEVELOPED BY

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