

Risks Associated with Triglyceride Concentration

Triglyceride Concentration¹

Associated Risks

Severe Hypertriglyceridemia

500 – 1000mg /
1dL blood

5.56 – 11.3mmol /
1L blood

Increased risk of:

- Cardiovascular disease
- Pancreatitis
- Metabolic Associated Steatohepatitis (MASH)^{2,3}

High Levels

200 – 499mg /
1dL blood

2.2 – 5.6mmol /
1L blood

- Heightened risk for cardiovascular disease³ (heart attack / MI, stroke, angina)¹

Borderline Levels

150 – 199mg /
1dL blood

1.7 – 2.2mmol /
1L blood

- Some risk of cardiovascular disease⁴ and may show some signs of metabolic syndrome:
 - Low levels of HDL cholesterol
 - Heightened levels of fasting glucose levels
 - High blood pressure
 - Elevated waist circumference⁵

Optimal Levels¹

<100mg /
1dL blood

<1.2mmol /
1L blood

‘Mild-to-moderate’ hypertriglyceridemia¹

References

¹ Aggarwal, R., et al – Triglycerides Revisited: A contemporary perspective on the assessment and management of cardiovascular risk due to elevated triglycerides: A consensus state of the International Atherosclerosis Society. IAS; 2024 [cited 2025 June 6th]. Available from https://athero.org/wp-content/uploads/2024/07/IAS_Triglycerides-Revisited-Consensus_Aug2024.pdf
² Gurevitz, C. and Rosenson, R.S.: Metabolic dysfunction-associated steatotic liver disease, hypertriglyceridaemia, and cardiovascular risk. European Journal of Preventative Cardiology; 2024 [cited 2025 June 6th]. Available from <https://academic.oup.com/eurjpc/advance-article-abstract/doi/10.1093/eurjpc/zwae388/7916524>
³ Hernandez, P., et al – Hypertriglyceridemia in the Prevention of Cardiovascular Disease and Pancreatitis. Current Atherosclerosis Reports. Springer; 2021 [cited 2025 June 6th]. Available from: <https://link.springer.com/article/10.1007/s11883-021-00962-z>
⁴ Nelson AJ, Navar AM, Mulder H, et al. Association Between Triglycerides and Residual Cardiovascular Risk in Patients With Type 2 Diabetes Mellitus and Established Cardiovascular Disease (From the Bypass Angioplasty Revascularization Investigation 2 Diabetes [BARI 2D] Trial). Am J Cardiol. 2020;132:36-43. doi: 10.1016/j.amjcard.2020.07.005.
⁵ Lam, DW, and LeRoith, D – Metabolic Syndrome. In: Endotext, MDText.com, inc., South Dartmouth (MA); 2000 [cited 2025 June 6th]. Available from: <https://europepmc.org/article/NBK/hbk278936>



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