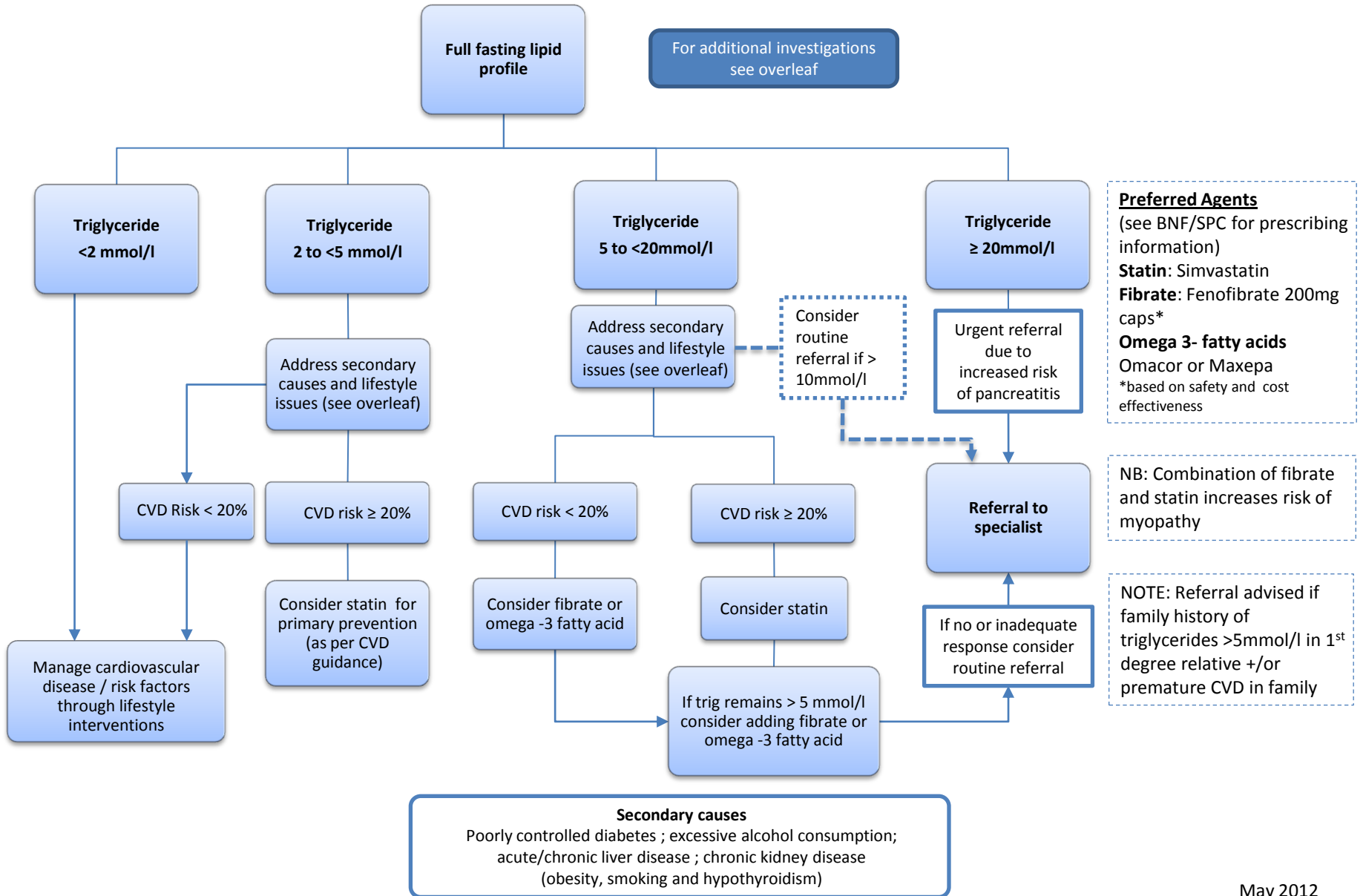


Hypertriglyceridaemia Pathway



Hypertriglyceridaemia Pathway

Investigations

- Urine dipstick (nephrotic syndrome)
- Blood tests
 - Fasting lipid profile (LDL, HDL, total cholesterol and triglycerides)
 - Fasting glucose
 - Renal function
 - Liver function
 - Thyroid function tests
- Creatinine kinase if considering fibrate with or without a statin

Lifestyle interventions

- Reduce waist circumference and BMI if appropriate
- Advise to increase physical activity
- Modify diet – reduce total calorie intake of carbohydrates and fats, restrict sugary food intake e.g. fruit juices, carbonated drinks, biscuits and cakes
- Include 2 portions of fish per week, one of which should be oily
- People who have very high triglycerides may need specialist advice from a dietitian regarding very low fat diet
- Smoking cessation advice to reduce cardiovascular risk (smoking also raises triglycerides)
- Reduce alcohol consumption

SLCSN Consensus Guidance

Based on:

- NICE guidance, Type 2 diabetes CG66, <http://guidance.nice.org.uk/cg66>
- Effects of Combination Lipid Therapy in Type 2 Diabetes Mellitus, The ACCORD Study Group, N Engl J Med 2010; 362:1563-1574 April 29, 2010