



Home / Health / Managing Cholesterol / Diet to Lower Triglycerides / What if Diet & Exercise Didn't Lower Triglycerides?

WHAT IF DIET & EXERCISE DIDN'T LOWER TRIGLYCERIDES?

Sep 12, 2011 | By Andrew Breslin



Photo Credit BananaStock/BananaStock/Getty Images

Elevated triglyceride levels increase the risk for heart disease, the No. 1 cause of death in the United States. The Centers for Disease Control and Prevention estimates that, based on 2010 data, an American experiences a coronary event once every 25 seconds, and one person dies from one every minute on average. That's over half a million deaths from heart disease every year. Proper diet and exercise are your first line of defense against disease. Some medications exist for those patients who have been unsuccessful in lowering triglycerides through sensible lifestyle choices.

STATINS

More formally known as 3-hydroxy-3-methylglutaryl coenzyme A reductase inhibitors, statins are the most widely prescribed class of drugs to treat high cholesterol and triglyceride levels. There are six different medications of this class currently on the market, as of September 2011. These are Lipitor, Lescol, Mevacor, Pravachol, Crestor and Zocor. Side effects include skin rash, sleep disturbances and headaches. Statins may increase the risk for liver problems. Patients taking statins should avoid alcohol and grapefruit juice, which interferes with an enzyme responsible for normal metabolism of these drugs. Women that are pregnant or are likely to become pregnant should not take

statins.

Lowering Cholesterol Want to Lower Cholesterol? Follow These Tips and Practices www.YourDietGuide.net

Sponsored Links

FIBRATES

Patients for whom statins are not advisable may be treated with fibric-acid derivatives, also known as fibrates. The most widely prescribed brand-name fibrate medication is Lopid. Another fibrate medication is Tricor. Diabetics with elevated triglyceride levels are likely to be treated with fibrates in preference to other classes of drugs. Side effects include nausea, headaches, muscle aches, gallstones, heartburn and diarrhea. Diabetic patients may experience hypoglycemia when taking fibrates in combination with Prandin, a widely prescribed medication for treatment of type-2 diabetes.

NICOTINIC ACID DERIVATIVES

Drugs derived from nicotinic acid, also known as niacin or vitamin B3 are preferred in patients with blood triglyceride concentrations exceeding 250 milligrams per deciliter. Brand names include Niacor, Niaspan, Nicolar, Nicotinx Elixir and Slo-Niacin. One side-effect is a flushing sensation, described as a tingling or itchiness in the face, neck, chest and back. A review article by Dr. Arie Markel published in the June 2011 "Israeli Medical Association Journal" describes clinical trials combining new formulations of nicotinic acid derivatives with another drug, laropiprant, which reduces the flushing symptoms. At the time of publication, clinical trials were ongoing, but Markel ended on an optimistic note, stating that "niacin could reemerge as one of the most complete and promising lipid reducing drugs of the future."

LIFESTYLE

Medication may be advisable as a therapeutic approach in addition to healthy diet and exercise, not instead of it. Patients should choose foods high in omega-3 fatty acids, maintain a healthy weight, and avoid fried foods and foods high in saturated fat, as well as alcohol, which can strongly contribute to elevated triglyceride levels.

Benecol Lower Cholesterol Enjoy BENECOL® Chews Each Day. Learn How to Reduce Cholesterol! www.benecolusa.com

Food To Lower Cholesterol These (3) Foods Will Shock You. Reduce Your Cholesterol Now! www.Dietbasics.com/ShowArticle.aspx?ArticleID=100

Statin Side Effects Understanding Statins and the Side Effects involved. Learn more. statinshealthguide.com

Statin Side Effects Statins Can Be Very Dangerous. Follow My Simple Plan & Stay Safe. Statins.MindBodyGoals.com

Sponsored Links

REFERENCES

- University of Massachusetts Medical School; Healthy Heart; Ira Ockene, MD
- "Israeli Medical Association Journal"; The Resurgence of Niacin: From Nicotinic Acid to Niaspan/Laropiprant; Arie Markel MD; 2011
- Wellness Trader; Triglyceride Information; High Triglyceride Medication
- Harvard Medical School; Harvard Health Publications; Help for Your Cholesterol When the Statins Won't Do; 2005
- Centers for Disease Control and Prevention; February is American Heart Month; 2011
- University of Illinois at Urbana-Champaign; Diabetes and Cholesterol

Article reviewed by Jessica Lyons Last updated on: Sep 12, 2011

Like Send Pin It Tweet 0

RELATED SEARCHES:

[Diet Lower Cholesterol](#), [Diet for High Triglycerides](#), [Cholesterol Diet](#), [Diet and Exercise](#), [Cholesterol Lowering](#)

MUST SEE: PHOTO GALLERIES



The Most Dangerous Diets Ever

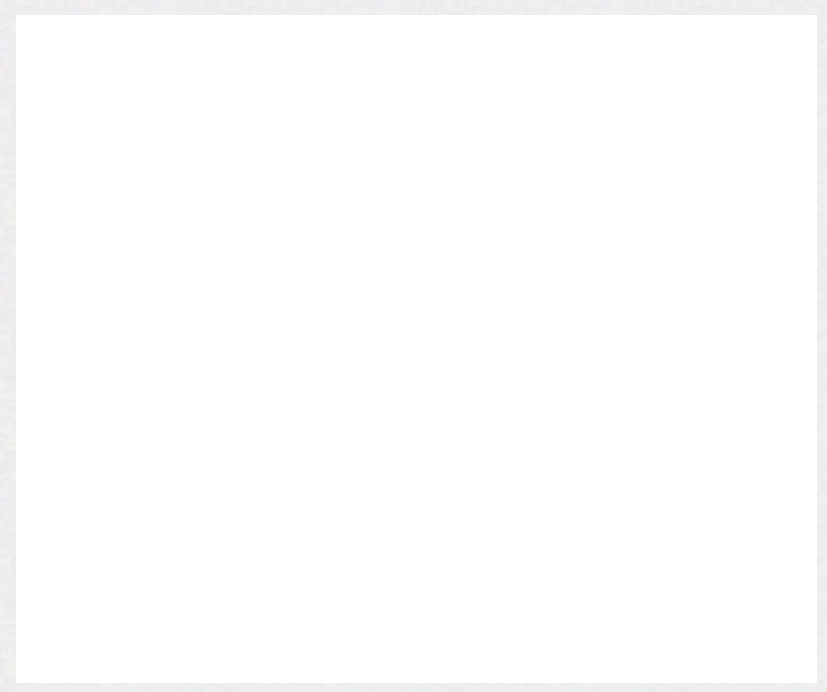


The 21 Best Muscle Building Foods For Vegetarians



10 Pushup Variations for a Stronger Body

Like Send Pin It Tweet 0



advertisement

RELATED SEARCHES:

[Triglycerides Diet](#)

[Exercise Diet](#)

[Diet Exercise](#)

[Cholesterol Levels](#)

[High Triglycerides Diet](#)

People Are Reading Related Topics

[Common Treatments for High Triglycerides](#)

[Medication to Lower Triglycerides](#)

[Types of Cholesterol Lowering Drugs](#)

[Products to Lower Triglycerides & Cholesterol](#)

[Medicines for Lowering Triglycerides & LDL](#)

[Pills That Help Lower Triglycerides](#)

[Non Statin Prescription Cholesterol Medications](#)

[Medications for Triglycerides](#)

[Drugs Used for Lowering Triglycerides & Cholesterol](#)

[How Much Will Gemfibrozil Lower Cholesterol?](#)

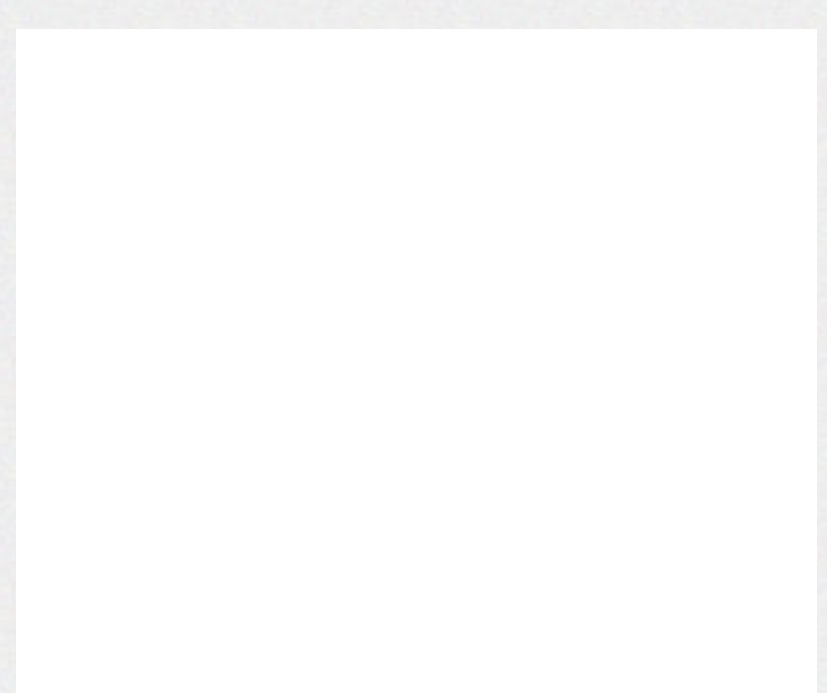
[Supplements & Medications to Lower Triglyceride Levels](#)

[Medications for High Triglycerides](#)

more

TOOLS FOR YOUR HEALTH

[MyPlate](#) [MyPlate D](#) [Target Heart Rate](#)
[BMI Calculator](#) [Quit Smoking](#) [Loops](#)
[Fitness Tracker](#)



advertisement

YOU MAY ALSO BE INTERESTED IN

- [Side Effects of 145 mg Tricor](#)
- [Exercise and Triglyceride Levels](#)
- [Exercises to Grow Taller](#)
- [How to Raise Good Cholesterol With TriCor](#)
- [Should I Be Exercising if My Triglycerides Are High?](#)

Show More

FOOD FITNESS COMMUNITY TOOLS

LIVESTRONG.COM

SIGN-UP FOR OUR NEWSLETTER
Get the latest tips on diet, exercise and healthy living.

Your email is safe with us. We hate spam too!

ABOUT BLOG CONTACT US & FAQ ADVERTISE WITH US PRESS SITEMAP

Copyright © 2012 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies. [Ad Choices](#)

