



TRIGLYCERIDES-What Are They?

Triglycerides are a type of fat in your blood. Oil, margarine, butter, and most other fats in your food are triglycerides. Your blood absorbs them after you eat. But that's not the only source. Your body also turns extra calories -- especially from "simple carbs" such as pastries, white bread, candy, sugar, and alcohol -- into triglycerides and stores them in fat cells.

Are Triglycerides Cholesterol?

No. Both are known as "lipids," but only triglycerides are fats. Cholesterol is a waxy substance made by your liver and intestines (you get some from food as well) that helps make your cell membranes and hormones. It also helps your body digest food.

Can They Be Good for You?

Yes, in the right amounts. Your body uses them to transfer and store energy for later use. But too many can raise your risk of heart disease, especially if you already have high levels of "bad" (LDL) cholesterol.

What Are Lipoproteins?

Triglycerides can't float around in your blood on their own. So they ride along with certain proteins, called "lipoproteins." That way, they can move around your body until you store them in fat cells.

What's a Lipid Profile?

It tells you the levels of "good" (HDL) cholesterol, "bad" (LDL) cholesterol, and triglycerides in your blood. Your doctor may plug those numbers into a formula to get a single number that shows "total blood cholesterol." A high number can raise your risk for heart disease. Age, family history, smoking, blood pressure, and other things may affect your numbers. So talk about it with your doctor.

Should I Fast Before My Test?

Triglyceride levels are usually higher after you eat. That's why doctors sometimes ask that you not eat or drink (except water) in the 12 hours before your blood test. Your diet, alcohol use, whether you're having your period (for women), the time of day, and recent exercise can also affect your results.

WebMD



A Guide to Measuring Your Heart Rate

Your heart rate indicates how hard you're pushing yourself while exercising. We'll help you determine your best resting and training heart rates. [Read on](#) →

Get Coconut Water On Your Next Grocery Run

Coconut water might seem like another health food trend but here's why it's worth trying. Its composition is comparable to a sports drink – carbs, electrolytes, and potassium minus the extra sugar – so it rehydrates. It helps lower blood pressure and blood sugar and is a good sub for ORS in the case of dehydration. Pregnant women benefit from the folate content, too!

[VIEW ARTICLE](#)

Learn How To Deal With Diabetic Neuropathy

If you're diabetic, your feet are likely to lose feeling because of nerve damage. Cuts or wounds may go unnoticed. The most logical step to prevent infections is to inspect your feet daily. Go a step further by bringing your blood sugar under control. Here's where Ayurveda's ashwagandha comes handy. Apply evening primrose oil or a mix of essential oils to your feet for pain relief.

[VIEW ARTICLE](#)

Lower blood pressure with ease.

When your doctor tells you you're blood pressure seems to be climbing, don't freak out. There are ways to put a cap on it, and they're easier than you think. The best solution is to lose a few pounds. Also, watch out for sodium hidden in your food by reading food labels. Very importantly, get moving with some activity like dancing, biking, or brisk walking.

[Read More](#)

Irish Craic and Humour

A man went into a café and sat his six children at a table. A woman asked, 'Are all of those children yours?' 'No, I work for a condom company... these are customer complaints.'

irishcraicandhumour.com



Elderberry: Benefits and Dangers

Elderberry is one of the most commonly used medicinal plants in the world. Here's a review of its benefits and dangers.

[READ ON](#)

There are 5 types of diabetes, not 2.

We know of type 1 and type 2 diabetes. But does it stop there? New research suggests that there are, in fact, 5 types of diabetes. And they're all genetically different. The classification shows specific differences in how they affect the body and how they develop. This is great news for diabetics who can now get treatment tailored to their specific needs.

[Read More](#)

Compiled, edited
published by Dr
Harold Gunatillake

To unsubscribe

email: haroldgunatillake1@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & Restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies and training.