

TRIGLYCERIDE

Meaning: Triglyceride: a type of fat (lipid) found in the blood that, when elevated, can contribute to an increased risk of heart disease.

1. High levels of triglyceride in the blood can increase the risk of heart disease.
2. Many health professionals recommend regular monitoring of triglyceride levels for those with a family history of cardiovascular issues.
3. Eating a diet high in sugars and fats can lead to elevated triglyceride levels.
4. Exercise and a balanced diet can help lower triglyceride levels and improve overall health.
5. Doctors often suggest lifestyle changes to patients with high triglyceride counts to reduce potential health risks.

Source: sentences.whatistheurl.com

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