National Triglyceride Alliance Releases New White Paper on the Hidden Burden of Very High Triglycerides

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New advocacy-led white paper finds many patients with very high triglycerides go years without the specialist care and coordinated follow-up clinical guidelines recommend

BOULDER, Colo. — The National Triglyceride Alliance today released “Hidden in Plain Sight: The Unseen Burden of Very High Triglycerides”, a white paper examining the gap between clinical guidelines for severe hypertriglyceridemia, commonly known as very high triglycerides, and the care patients actually receive. Developed with patient, care partner, clinical and advocacy contributors and supported by Ionis Pharmaceuticals, the paper shows why many patients learn of their pancreatitis risk only after a life-threatening medical emergency.

An estimated 3.29 to 3.98 million U.S. adults live with severe hypertriglyceridemia, defined as triglycerides of 500 mg/dL or higher, yet only 2.43 to 2.88 million have been diagnosed. Up to 3 in 100 of those diagnosed experience acute pancreatitis within three years. Guidelines call for evaluating underlying causes, nutrition counseling, specialist referral and coordinated follow-up, but patients describe brief, lifestyle-only advice and little discussion of pancreatitis risk, leaving many to coordinate their own care.

"Severe hypertriglyceridemia is one of the few diseases where the healthcare system often knows exactly who is at high risk before disaster occurs, but oftentimes nothing is done about it," said Dr. David Saxon, a clinical contributor to the paper.

The paper calls for five shifts in care:

- Designing solutions with patients and care partners

- Replacing blame with understanding of the genetic and metabolic drivers of very high triglycerides
- Making a clear care pathway standard after every diagnosis
- Building multidisciplinary care around patients rather than healthcare silos
- Making evidence-based care the easy care within health systems

“Hidden in Plain Sight: The Unseen Burden of Very High Triglycerides” is available now at nationaltriglyceridealliance.com.

"Triglycerides have been ignored for a very long time," said Chris Brine, Managing Director of the National Triglyceride Alliance. "People shouldn't have to experience pancreatitis before the condition is taken seriously."

About the National Triglyceride Alliance

The National Triglyceride Alliance is a multidisciplinary initiative improving awareness, education, and outcomes related to triglyceride-associated disorders through collaboration, scientific exchange, and patient engagement. Learn more at nationaltriglyceridealliance.com and follow @NatTgAlliance on X, Bluesky, and Instagram, and @national-triglyceride-alliance on LinkedIn.

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