

Genetic predisposition to high triglycerides can be mitigated with healthy BMI, diet

Triglycerides, a type of fat in the blood, are important for good health. But having high triglycerides might increase a person's risk of heart disease, and may be a sign of metabolic syndrome—a combination of high blood pressure, high blood sugar, and too much fat accumulation at the waist. People with metabolic syndrome have increased risk for heart disease, diabetes, and stroke.

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[Researcher Katie] Robinson was interested in a protein made in the liver called fetuin-A (FetA). "It's an interesting marker connecting inflammation with obesity and its associated diseases," she says. "FetA is a protein that is released from adipose tissue and also the liver. We know FetA is integral to insulin sensitivity, and that's where most of the research has been done to look at its function.

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"With an elevated BMI, we saw greater disorder within those carrying the risk genotype. But if these individuals who had the high-risk AHSB genotype had a lower BMI, their triglycerides were lower. It suggests that even if you carry the high-risk genotype, you don't have a greater risk of high triglycerides if you can maintain a normal BMI or a lower BMI, which I think is a positive finding when we look at genetics."

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Genetics may put a person at risk of high triglycerides, but adopting a healthy diet can help](#)