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Definition of hypertriglyceridemia is too much triglycerides in the blood. It can happen due to many causes. These include not getting enough exercise, eating too much fat, and not taking your medicine. You may need medical help can stop these dangers. It makes your heart stronger. 2022 AHA Hypertriglyceridemia Management Guidelines. You may have regular checkups to see how your treatment is working. This means doctors suggest regular checkups for you.

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