

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Moderately raised triglycerides: only statins help

A Tools for Practice asks: Do triglyceride-lowering medications (fibrates, statins, niacin, omega-3s) reduce the risk of pancreatitis in patients with “moderate” hypertriglyceridemia?

No randomized controlled trials have assessed the effect of fibrates or any other triglyceride-lowering medication on pancreatitis risk in patients with “very high” triglycerides (≥ 5.6 mmol/L).

In patients with triglycerides < 5.6 mmol/L, fibrates either have no effect on pancreatitis or increase the absolute risk by $\sim 0.1\%$ over five years, whereas statins lower the risk by 0.1% .

Reference:

1. [Triglyce-Ride that High?](#) Tools for practice #342

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Our mailing address is:

Goodfellow Unit
The University of Auckland | Grafton Campus
22-30 Park Ave, Grafton
Auckland, Auck 1023
New Zealand