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Multisystem Inflammatory
Syndrome In Children (Mis-C)?



Super Foods--- The Most
Overlooked



Happy and Healthy
Holi with Holistic
Homoeopathy



Self Help Tips To
Senior Citizens



Medicinal Plant Series - 11
Atista Indica



NAVIGATING HYPERTRIGLYCERIDEMIA IN AN UNDOCUMENTED IMMIGRANT



Introduction:

Effective management of elevated triglycerides is crucial for reducing the risk of Atherosclerotic Cardiovascular Disease (ASCVD) and preventing complications such as pancreatitis. While treatment often involves a combination of pharmaceuticals and lifestyle changes, individuals facing social determinants of health (SDOH), such as undocumented immigrants, may encounter unique challenges in achieving optimal lipid levels.

Patient Background:

The case involves a 46-year-old Hispanic male with hyperlipidemia, hypertension, diabetes, and obesity. Limited access to routine medical care, reliance on church donations for living arrangements and meals, and fear of deportation contribute to the patient's complex situation. Despite these challenges, the

patient sought care at an after-hours clinic, emphasizing the need for tailored interventions.

Intervention and Challenges:

Patient education played a pivotal role in addressing barriers to care. The patient's instability in living conditions prompted discussions about the feasibility of follow-up appointments. Lifestyle modifications for ASCVD risk reduction and avoiding pancreatitis were discussed, with handouts provided in both English and Spanish. Medications, including fenofibric acid and increased metformin, were prescribed, considering the patient's unique circumstances.

Discussion:

Elevated triglycerides pose an independent risk for cardiovascular disease, necessitating targeted interventions. Hispanics, particularly those of Mexican origin, face increased health disparities related to obesity, diabetes, and dyslipidemia. SDOH, including limited access to nutritious foods and safe environments for exercise, further complicate management.

Lipid Abnormalities in Hispanic and Latinos:

Data from NHANES indicates a declining trend in elevated triglycerides, but prevalence remains higher in Mexican men and women compared to other ethnic groups. Lifestyle factors, genetic predisposition, and dietary habits contribute to this trend.

Therapeutic Lifestyle Change and Social Determinants of Health:

Lifestyle modifications, crucial for addressing elevated triglycerides, may be challenging for individuals facing SDOH. Limited access to nutritious foods, language barriers, and reduced social support increase the risk of cardiovascular disease.

Conclusion:

Tailoring care plans to individual circumstances, understanding socioeconomic factors, and providing resources for support are essential in managing hypertriglyceridemia, especially in vulnerable populations like undocumented immigrants. Recognizing the impact of social risk factors on health outcomes is crucial for delivering effective and compassionate care.



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Opportunities do not come with their values stamped upon them.

Everyone must be challenged. A day dawns, quite like other days; in it, a single hour comes, quite like other hours; but in that day and in that hour the chance of a lifetime faces us.

LIFE's LITTLE INSTRUCTIONS OF THE DAY -

"If you have the opportunity to play this game of life, you need to appreciate every moment. A lot of people don't appreciate the moment until it's passed."

Source : Various Inputs available in Internet