

Table 2. Pharmacologic Treatment for Hypertriglyceridemia.

Drug Class	Decrease in Triglycerides (%)	Maintenance Regimen	Contraindications	Side Effects	Selective Decrease in Small, Dense LDL Cholesterol	Selective Increase in HDL ₂ Cholesterol
Nicotinic acid	17–26	1500–2000 mg once a day	Hypersensitivity, hepatic dysfunction	Flushing, pruritus, nausea, hepatitis (at higher doses), activation of migraine (rare)	Yes	Yes
Fibrates	18–45	Gemfibrozil, 600 mg twice a day; Fenofibrate, 145 mg once a day	Hypersensitivity, hepatic dysfunction, end-stage renal disease	Myositis, cholelithiasis	Yes	No
Statins	5	Multiple agents	Hypersensitivity, pregnancy, breast-feeding	Myalgia, influenza-like syndrome, rhabdomyolysis (rare), weakness	No	No
Nicotinic acid and statin	36	Same as for individual agents	Same as for individual agents	Same as for individual agents	Yes	Yes