

## Use of 'milkshakes' helps UM heart disease study

A new University of Maryland study — centered around milkshakes — shows lowering triglyceride levels can reduce the risk of heart disease.

Published in the latest issue of the Journal of Investigative Medicine, the study used special milkshakes to measure spikes in blood fat levels.

The research found that fats consumed from meals throughout the day may cause a person's triglyceride levels to soar to dangerous heights, even when a normal triglyceride reading was recorded following fasting.

The National Cholesterol Education Program now recommends having a "fasting triglyceride" of less than 150 milligrams per deciliter.

But Dr. Michael Miller, director of preventative cardiology at the University of Maryland Medical Center, says his study suggests that figure should drop below 100.

Miller co-authored the study, which evaluated 50 healthy men and women, with Angeliki Georgopoulos of the Veterans Affairs Medical Center at the University of Minnesota.

The research was supported with funding from the American Heart Association, the Veterans Affairs Medical Center and the National Institutes of Health.