Blacket RB, Woodhill JM, Leelarthaepin B, Palmer AJ. **Type-IV hyperlipidaemia and weight gain after maturity.** *Lancet* 1975; 2: 517-520.

**Abstract**

Twenty men with mild to moderate type-IV hypertriglyceridaemia were compared with normal men of the same age in the Busselton population survey. The type-IV men were not heavier but they were 3.2 cm shorter and relatively hyperuricaemic. When given a reducing diet, mean weight declined from 76.8 kg to 68.7 kg over 4.4 months and was kept steady over the next 10 months at 67.6 kg. Before, immediately after, and in the 10 months after weight reduction serum-triglycerides were 273, 112, and 126 mg per 100 ml and serum-cholesterol was 245, 227, and 226 mg per 100 ml, respectively. On entry the mean daily calorie intake was 3165 and the contribution of the various nutrients were characteristic of the Australian diet. At lower weight, daily caloric intake was 2335. Protein intake was unchanged, but intake of fat and especially carbohydrate declined significantly. The findings support the view that type-IV hyperlipidaemia is the expression of a metabolic defect brought to light by weight-gain after maturity. In susceptible subjects "normal" weight-gain may be sufficient to induce hyperlipidaemia. Since type-IV and type-IIb hypertriglyceridaemias appear to increase the risk of coronary heart-disease, it is concluded that ideally no weight should be gained after reaching maturity. Avoidance of weight-gain should materially reduce the incidence of coronary disease in affluent western communities. Reduction to truly ideal weight gives much more impressive therapeutic results than drug therapy.