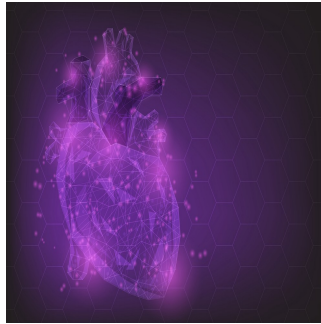


---

## Tricaprin Improves Survival in Patients With Triglyceride Deposit Cardiomyovascularopathy



---

Triglyceride deposit cardiomyovascularopathy (TGCV) is an emerging, non-communicable, adult-onset heart disease linked to defective triglyceride breakdown, leading to heart failure and high mortality. It was first identified in Japanese patients with heart failure (HF) requiring cardiac transplantation. TGCV causes energy failure in the heart and smooth muscle cells, resulting in severe cardiac issues.

Recent research shows that tricaprin, a medium-chain triglyceride supplement, can correct this lipid metabolism defect, significantly improving survival and heart function in TGCV patients. These findings highlight a new classification of heart disease caused by impaired lipolysis and suggest broader therapeutic potential, warranting further study across diverse populations.

A heart transplant is a daunting, high-cost procedure, often the only lifeline for patients with severe heart failure. But this new research suggests that for some, recovery could be as simple as taking a supplement—no surgery required.

Published in *Nature Cardiovascular Research*, the study highlights the potential of tricaprin, a natural supplement, in improving survival and reversing heart failure in patients with TGCV.

TGCV is caused by the heart and smooth muscle cells' inability to break down triglycerides, leading to dangerous fat accumulation. This buildup damages the heart and blood vessels, resulting in clogged arteries, weakened heart muscles, and, ultimately, heart failure requiring transplantation.

Earlier findings on tricaprin's benefits for TGCV were promising, but this time, study researchers focused on its long-term effects. To evaluate outcomes, the team analysed patient data from Japanese registries, comparing survival rates between those who received tricaprin and those who did not. The study included 22 tricaprin-treated patients from 12 hospitals and 190 controls, with 81 controls matched to the tricaprin group based on baseline characteristics.

The results were striking. All patients in the tricaprin group survived beyond three and five years (100% survival rates), compared to 78.6% and 68.1% in the control group. Not only did symptoms improve, but heart function was restored, and structural damage was reversed. Some of the most significant improvements were seen in patients on haemodialysis, a group with typically poor prognoses.

Raising awareness for early diagnosis and treatment is crucial to giving patients the best chance at recovery. While these findings are based on Japanese patients, further studies across diverse populations are needed to confirm tricaprin's widespread effectiveness. This research offers new hope: heart failure patients may not just survive but truly recover—without the need for transplantation.

Source: [Nature Cardiovascular Research](#)

Image Credit: iStock

Published on : Tue, 18 Feb 2025