



Lipoprotein(a) Fact Check

Welcome to the Lipoprotein(a) Fact Check Game! Test your knowledge about Lp(a) and heart health. Mark ✓ if the statement is **true** or leave it blank if it's **false**.

TRUE OR FALSE STATEMENTS

- When I get a cholesterol test (lipid panel), it checks my Lp(a) level.
- Having a high Lp(a) level can raise my risk of heart attack or stroke.
- My Lp(a) level can be high even without symptoms.
- If one of my parents, siblings, or children has high Lp(a), I may need testing too.
- Lp(a) levels are the same for everyone, no matter race or other risk factors.
- Eating healthy and staying active can lower my Lp(a) level.

KEY POINTS SUMMARY

- Lipoprotein(a), or Lp(a), is a cholesterol-carrying lipoprotein in your blood. **Your level is mostly inherited, and when it is high, it can increase your risk of heart disease and stroke.**
- Lp(a) levels tend to be higher in people of African descent and those with South Asian backgrounds. Levels may also rise during certain life stages, such as pregnancy and menopause. Health conditions like kidney, liver, and thyroid disease may raise Lp(a) levels.
- Lp(a) is not checked in a regular cholesterol test. A simple blood test ordered by your health care professional is needed. **Current guidelines recommend every adult be tested at least once in their lifetime.**
- Lifestyle changes do not lower Lp(a).



Check your **answers on the back** of this document.



ANSWERS

STATEMENT	ANSWER
<input type="checkbox"/> When I get a cholesterol test, it checks my Lp(a) level.	False: A regular cholesterol test won't check your Lp(a). Only a separate test ordered by your health care professional can measure it.
<input checked="" type="checkbox"/> Having a high Lp(a) level can raise my risk of heart attack or stroke.	True: High Lp(a) can cause plaque buildup and blood clots in your arteries. This can reduce or block blood flow to your heart or brain, which can lead to a heart attack or stroke.
<input checked="" type="checkbox"/> My Lp(a) level can be high even without symptoms.	True: Many people with high Lp(a) have no symptoms, so your level could be high without you knowing.
<input checked="" type="checkbox"/> If one of my parents, siblings, or children has high Lp(a), I may need testing too.	True: Lp(a) levels are mostly genetically determined, so if a close relative has a high level, you may need testing as well.
<input type="checkbox"/> Lp(a) levels are the same for everyone, no matter race or other risk factors.	False: Lp(a) levels tend to be higher in people of African descent and South Asian backgrounds. Levels may also rise during certain life stages, such as pregnancy and menopause. Conditions like kidney, liver, and thyroid disease may also raise Lp(a) levels.
<input type="checkbox"/> Eating healthy and staying active can lower my Lp(a) level.	False: Healthy habits will not lower your Lp(a), but they can help reduce your overall risk of heart disease and stroke.



Want to learn more about Lp(a)? Start at [heart.org/Lpa](https://www.heart.org/Lpa).