

Lipoprotein(a) Match the Statement

Welcome to the Lp(a) Match the Statement Game! Match the statements in **Column A** with the correct answers in **Column B**. Write the letter of your answer in the box. Have fun and learn something new!

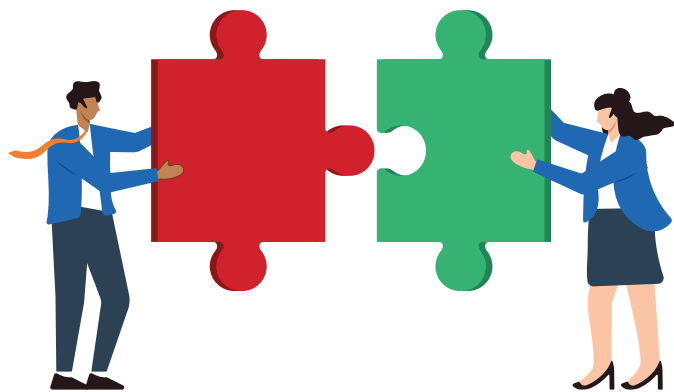
STATEMENTS

COLUMN A

- 1. I can have high Lp(a) even if I feel fine.
- 2. I eat healthy and stay active to lower my Lp(a) level.
- 3. I've had a regular cholesterol test, so my Lp(a) level was checked.
- 4. High Lp(a) is inherited. I don't have a family history, so I don't need to get tested.
- 5. I know high Lp(a) can raise my risk of heart disease or stroke.
- 6. I don't think many people have high Lp(a).


COLUMN B

- A. False:** Eating healthy and staying active are great for your heart health, but they do not lower your Lp(a) level.
- B. True:** High Lp(a) can raise your risk of heart disease and stroke because it can cause plaque and blood clots to build up in your arteries.
- C. False:** A regular cholesterol test does not check your Lp(a). You need a separate blood test ordered by your health care professional.
- D. False:** High Lp(a) is not rare. About **1 in 5 people worldwide have high Lp(a)**.
- E. True:** You can have high Lp(a) even if you feel fine. **Many people do not have symptoms.**
- F. True:** Even without a known family history, you can still have a high Lp(a) level and not know it.



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.** Current guidelines recommend that **every adult be tested at least once in their lifetime.** Lp(a) is not included in a standard lipid panel, so ask your health care professional for this test. **If your level is high, your parents, siblings, and children should be tested as well.**

 **Take charge of your heart health and ask your health care professional for an Lp(a) test. Learn more at heart.org/Lpa.**

ANSWERS

D

6.

B

5.

F

4.

C

3.

A

2.

E

1.