



Myth: If my LDL (bad) cholesterol level is normal, I don't need a lipoprotein(a) test.



Fact: LDL (bad) cholesterol and lipoprotein(a), or Lp(a), are different. A lipid panel, or standard cholesterol test, doesn't measure Lp(a). **You can have normal LDL and still have high Lp(a).** To know your level, your health care professional must order a separate Lp(a) test.



Myth: Lp(a) doesn't affect my heart health.



Fact: If you have a high Lp(a), your risk for heart disease and stroke can increase. Knowing your level helps you take early steps to protect your heart and brain health.



Myth: I don't have any symptoms, so my Lp(a) must be fine.



Fact: You may have high Lp(a) and not know it because it usually has no symptoms. New guidelines recommend that **every adult be tested at least once in their lifetime**. Testing is especially important if you have:

- Family or personal history of premature heart disease (under 55 for men and under 65 for women)
- Known family history of high Lp(a)
- Diagnosis of familial hypercholesterolemia (FH), an inherited condition in which people may be born with very high LDL levels



Myth: High Lp(a) isn't passed down in families.



Fact: Your level is mostly inherited, and when it is high, it can increase your risk of heart disease and stroke. If your Lp(a) level is high, cascade screening is recommended. This means testing your close family members, including your parents, siblings, and children to find others who may be at risk.



Myth: Lp(a) doesn't affect everyone the same, including me.



Fact: Some factors can affect your Lp(a) level. Your level may be higher if you are of African or South Asian background, during life stages like pregnancy or menopause, or if you have kidney, liver, or thyroid disease.



Myth: I can lower my Lp(a) with healthy food and regular physical activity.



Fact: Even though lifestyle changes don't lower Lp(a) levels, there is a lot you can do to support your heart health. You can lower your risk of heart disease and stroke by:

- Managing high cholesterol, blood pressure, and diabetes
- Eating a heart-healthy diet
- Maintaining a healthy weight
- Getting regular physical activity
- Avoiding tobacco products
- Getting 7–9 hours of restful sleep each day



Myth: Health insurance doesn't cover Lp(a) testing.



Fact: Most insurance plans cover this test. When you call to check, mention **CPT code 83695**. If your plan doesn't cover it, your health care professional may be able to point you toward more affordable testing options.