



Understanding the Lp(a) Test

1

What is lipoprotein(a)?

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. **About 1 in 5 people have high Lp(a), and many have no symptoms.**

2

How do I get tested?

A regular cholesterol test (lipid panel) doesn't measure Lp(a). **To know your level, ask your health care professional for an Lp(a) test.** Current guidelines recommend **every adult be tested at least once in a lifetime.** Testing may be especially important if you have:

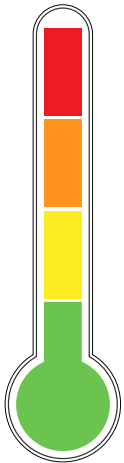
- Family or personal history of premature heart disease (under 55 for men and under 65 for women)
- Known family history of high Lp(a)
- Diagnosis of familial hypercholesterolemia (FH), an inherited condition in which people may be born with very high LDL levels



3

What do my results mean?

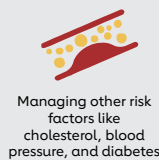
Heart disease and stroke risk are shaped by many factors, and Lp(a) is one of them. If your Lp(a) level is **125 nmol/L (50 mg/dL) or higher**, your risk of heart disease and stroke may increase, and if your level is **250 nmol/L (100 mg/dL) or higher**, your risk may double. Your health care professional can explain what your level means for you and help you plan next steps.



4

How can I lower my risk?

Although lifestyle changes don't lower Lp(a) levels, it's important to lower your overall risk of heart disease and stroke by:



Managing other risk factors like cholesterol, blood pressure, and diabetes



Eating a heart-healthy diet



Getting regular physical activity



Maintaining a healthy weight



Avoiding tobacco products



Getting 7-9 hours of restful sleep each day

5

Would my health insurance cover the Lp(a) test?

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 help find more affordable testing options.

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.

Talk to your health care professional about Lp(a) and ways to reduce your risk of heart disease and stroke. Learn more at heart.org/Lpa.