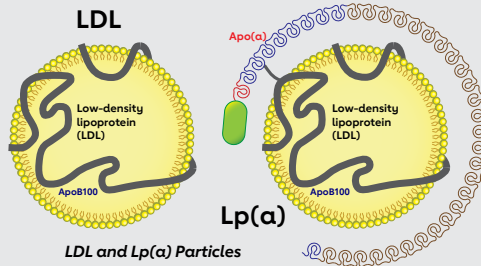


What is Lipoprotein(a)?

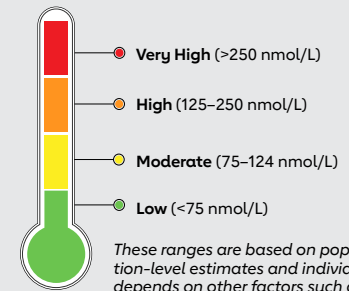
What is Lp(a)?

- Lipoprotein(a), or Lp(a), is a cholesterol-carrying lipoprotein in your blood. **Your level is mostly inherited.**
- Lp(a) is similar to low-density lipoprotein (LDL), often called “bad” cholesterol, but it has an extra protein called apo(a). This extra protein makes Lp(a) more likely than LDL to cause plaque buildup in the arteries and reduce blood flow. When your Lp(a) level is high, this buildup and reduced blood flow can increase your risk of heart attack, stroke, peripheral artery disease, and aortic stenosis.
- High Lp(a) levels affect **about 1 in 5 people** worldwide.



Why should I know my Lp(a) level?

- If your Lp(a) level is **125 nmol/L (50mg/dL) or higher**, your risk of heart disease and stroke may increase, and if your level is **250 nmol/L (100mg/dL) or higher**, your risk may double.



Many people don't have symptoms.

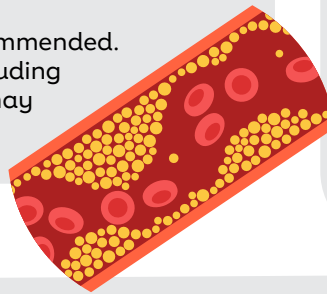
A simple blood test can show your Lp(a) level. Current guidelines recommend that **every adult be tested at least once in a lifetime**, especially if you have:

- Family or personal history of premature heart disease (meaning 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

Are there other factors that put me at risk for high Lp(a)?

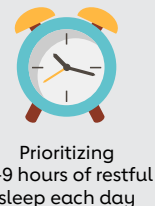
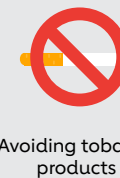
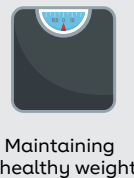
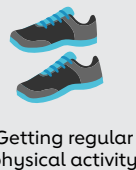
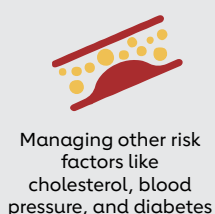
- Lp(a) levels can be **higher in people of African descent and South Asian populations.**
- Levels may also increase with certain life stages such as **pregnancy and menopause.**
- Conditions like kidney, liver, and thyroid disease may raise Lp(a) levels.

If your Lp(a) level is high, **cascade screening** is recommended. This means testing your close family members, including parents, siblings, and children, to find others who may be at risk.



What can I do if I have high Lp(a)?

Although **lifestyle changes don't lower Lp(a) levels**, you can lower your overall risk of heart disease and stroke by:



Knowing your Lp(a) level helps you and your health care professional understand your risk and take steps to protect your heart. Learn more at heart.org/Lpa