



Weweiti me kin Lp(a) tes

1

Met ei lipoprotein(a)?

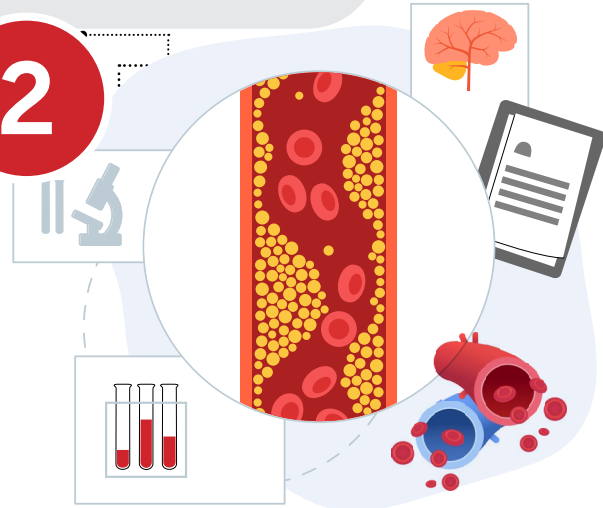
Lipoprotein(a), ika Lp(a), nge ew lipoprotein mi nukei cholesterol non chaan inisumw. **Napengeni omw lefel mi feito seni innomw me semomw**, iwe nupwen a tekia, a tongeni anapano mecheresin an epwe toruk semwenin ngasangas me stroke. **Ina epwe 1 seni 5 aramas mi watte ar Lp(a)**, iwe esapw torir esisinin.

Ifa usun ai upwe angei tes?

Ew tesin cholesterol (lipid panel) ese euku Lp(a). **Ika ke mochen sinei omw lefel, eisini noumw ewe daktor epwe ngonuk ew Lp(a) tes.** Minafon emwen mi eureura pwun **aramas meinisin repwe angei ena tes ika mwo fan ew non manawer.** Ena tes a ouchea ngonuk ika mi wor remw:

- Chon non omw famini ika uruon semwenin ngasangas non omw famini (kukun seni 55 ren mwan iwe 65 ren fefin)
- Uruon semwenin Lp(a) mi famini mi fat
- Diaknosis ren semwenin hypercholesterolemia (FH) non famini, och semwen mi torir aramas seni inner me semer ir mi uputiw non watten lefelin LDL

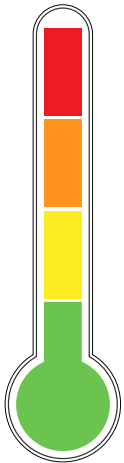
2



3

Met wewen pwungun ai tes?

Semwenin ngasangas me stroke a fisita seni sokopaten pekin, iwe Lp(a) iei ew me nein. Ika omw lefelin Lp(a) nge **125 nmol/L (50 mg/dL) ika nuseni**, iwe fiseifsen an epwe toruk semwenin ngasangas me stroke a naponon, iwe ika omw lefel nge **250 nmol/L (100 mg/dL) ika nuseni**, iwe fiseifsen an epwe toruk a tapel. Noumw ewe daktor a tongeni epwe aweweni ngonuk met wewen ekei lefel me met kopwe tongeni fori an epwe aninisocho ngonuk.



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Ifa usun ai upwe ekisatiw fiseifsen ngeni ei?

Ika mwo pwun siwiniw mwokutukutuch non inisich esapw tongeni ekisatiw ach lefelin Lp(a), mi ouchea omw kopwe ekisatiw kapachenapen fiseifsen an epwe toruk semwenin ngasangas me stroke ne:



Nemeni ekkewe ekkoch mettoch mi tongeni efisata feiengau usun chok cholesterol, chochon chcha, me semwenin suke



Om mongo och mongo mi murinno ngeni letipach



Ach sipwe angei angangen inis iteitan



Ach tumunu pwe epwe wor eu weight mi murinno



Kopwe tumunukich seni ekkewe pisekin sakaw



Angei 7-9 awa ren om kopwe asoso iteitan ran

5

Ai ewe health insurens mi caferini ewe momon Lp(a) tes?

Napengeni insures meinisin mi caferini ei tes. Nupwen omw kekerir omw kopwe checki, erenir ei **CPT code 83695**. Ika omw ewe plan ese caferini momon, iwe noumw ewe daktor mi tongeni emwenuk ngeni pwan och neenien tes me nukun mi meekis.

man suke Ika omw lefelin Lp(a) mi tekia, **cascade skreening** a och ngonuk. Wewen pwun kopwe tesini chon non omw famini mi kane ngonuk, mei pachonong inn me sam, pwimw, me noumw semirit, omw kuta ekoch ir mi pwan mecheres ngeni ei semwen.

Eisini noumw ewe daktor ren porousen Lp(a) me aneen omw kopwe ekisatiw fiseifsen an epwe toruk semwenin ngasangas me stroke Kaieo sopwosopwen porous ren **heart.org/Lpa** (website non Fosun Merika)