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What should prompt a talk with my health care professional about a screening?

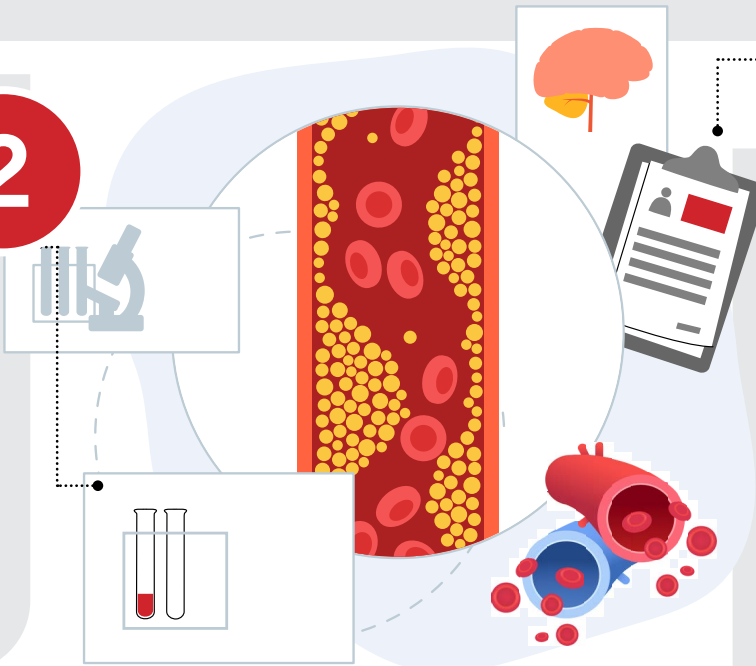
- Known family history of high Lp(a)
- Family or personal history of heart disease or premature cardiovascular disease
- Diagnosis of familial hypercholesterolemia (FH) – inherited condition that causes the body to poorly recycle LDL or bad cholesterol



How do I get screened?

- The standard cholesterol test, also known as a lipid panel, **does not include Lp(a)**. Talk to your health care professional about screening for Lp(a).
- Next, get a simple blood test that can be done at your doctor's office or diagnostic lab center.

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What do the results mean?

- Levels **higher than 50 mg/dL** (125 nmol/L) are considered to be high.
- A high Lp(a) level **increases the risk of heart attack, stroke, peripheral artery disease (PAD), and aortic stenosis.**
- Lp(a) is a genetic risk factor **IF you have high Lp(a)**, encourage your family members to get tested. Ask your doctor about **cascade screening** and other genetic testing options for your specific needs.

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How can I lower my Lp(a)?

- Lp(a) is **not affected by lifestyle changes**. However, it is still important to lower your overall risk of heart disease, including:



eating a healthy diet



being physically active



maintaining a healthy weight



stopping tobacco use



Limiting alcohol consumption



getting enough sleep

These habits in addition to **taking medications as prescribed** can also help reduce your risk for high blood pressure, high cholesterol, obesity and diabetes.

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

- Health insurance plans often cover Lp(a) testing, but if you're unsure about your plan's coverage, contacting your insurance and providing them with the CPT code 83695 for the test can help clarify.
- If your health insurance doesn't cover the Lp(a) test, your health care professional may be able to assist you in finding affordable options.

Talk to your health care professional about Lp(a) and how to reduce your risk for future heart attack and stroke.

Learn more at heart.org/lpa