Understanding the Lp(a) Test

1. 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 FH - inherited condition that causes the body to poorly recycle LDL or bad cholesterol

2. How do I get screened?
   - Talk with your health care professional about screening.
   - Next, get a simple blood test that can be done at your doctor’s office or diagnostic lab center.

3. What do the results mean?
   - Levels higher than 50 mg/dL (125 nmol/L) are considered to be high.
   - Lp(a) is a genetic risk factor, if you have high Lp(a), encourage your family members to get tested.

4. What can I do?
   - Lp(a) is not affected by lifestyle changes. However, it is still important to lower your overall risk of heart attack and stroke, including:
     - Eating a healthy diet
     - Being physically active
     - Maintaining a healthy weight
     - Stopping tobacco use
     - 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.

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