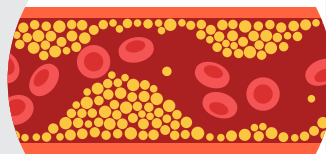
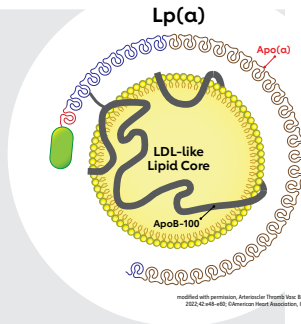


What is Lp(a)?

- Lp(a) stands for lipoprotein (a), a **genetically inherited** type of lipoprotein made in the liver, which carries cholesterol, fats, and proteins in the blood.
- Lp(a) is **similar in structure** to low-density lipoprotein (LDL), often referred to as “bad” cholesterol. It consists of a low-density lipoprotein (LDL) particle containing apolipoprotein B (apoB100) connected to an additional protein called apolipoprotein(a) [apo(a)].
- High Lp(a) levels are a **common independent risk factor for heart disease**, affecting approximately 1 in 5 people worldwide.



Why Should I know my Lp(a) number?

- A Lp(a) level **greater than or equal to 50 mg/dL (or ≥ 125 nmol/L)** increases the risk of heart attack, stroke, peripheral artery disease (PAD), aortic stenosis and other cardiovascular conditions.
- High Lp(a) levels can lead to **plaque buildup in artery walls**, narrowing arteries and reducing blood flow or causing blockages in vital organs like the heart, brain, kidneys, and lungs.
- Elevated Lp(a) levels also **increase inflammation and blood clotting**, making it difficult to break down existing blood clots and raising the risk of plaque rupture in the arteries.

Many people don't have symptoms.

You could have a high Lp(a) even if you have a healthy lifestyle and all other heart disease risk factors are controlled. **Talk to your health care professional if you have:**

- Known family history of high Lp(a)
- Family or personal history of premature heart disease
- Diagnosis of familial hypercholesterolemia (FH) - inherited condition where the body poorly recycles LDL cholesterol

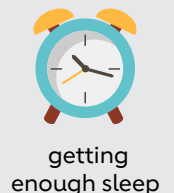
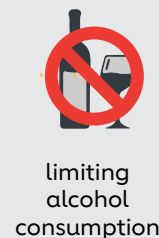
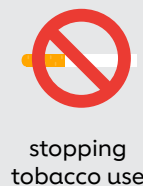
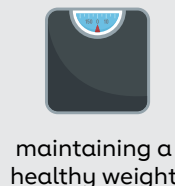
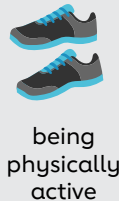
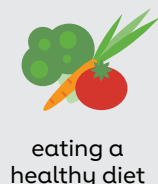
Are there other factors that put me at risk for high Lp(a)?

- **Ethnicity** – Black individuals of African descent and South Asian populations have the highest Lp(a) levels.
- Your Lp(a) level is **primarily genetically determined** but some conditions can increase your level such as diabetes, chronic kidney disease, and post menopause.

If a family member has high Lp(a), it's important to get tested and encourage other family members to do the same. Ask your health care professional about [cascade screening](#).

How can I lower my Lp(a)?

Although lifestyle changes can't lower Lp(a) levels, it's important to lower your overall risk of heart disease. The following are recommended:



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