What is Lp(a)?

What does Lp(a) mean?
- It stands for lipoprotein (a)
- It is a type of lipoprotein that is genetically inherited and is a common independent risk factor for heart disease

How high is too high?
Greater than or equal to 125 nmol/L (or ≥ 50 mg/dL) equates to an increased risk of a heart attack or stroke
A high Lp(a) level also can also increase risk of peripheral artery disease and aortic stenosis

How many people have high Lp(a) levels?
About 1 in 5 people worldwide have high Lp(a).

What does a high Lp(a) level mean?
An increased risk of heart attack and stroke
An increased risk of peripheral artery disease

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.

How can I lower my Lp(a)?
- Although Lp(a) is not affected by lifestyle changes, 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.

Should I know my Lp(a) number?
Talk to your health care professional if you have:
- 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 where the body poorly recycles LDL or bad cholesterol

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 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