

Heart disease and stroke are the **leading cause of death among women**, causing **1 in 3 deaths** each year.



Know your Lp(a)

Lipoprotein(a), or Lp(a), is a cholesterol-carrying lipoprotein in the blood. Your Lp(a) level is mostly inherited. If high, it may increase your risk of heart disease and stroke.

Why it matters for women

Heart disease and stroke may affect women at any age, and throughout different life stages, including pregnancy and menopause. A high Lp(a) level may add to your risk.



Pregnancy history

High blood pressure, preeclampsia or gestational diabetes during pregnancy may raise future heart disease and stroke risk. Ask your healthcare professional what a high Lp(a) level could mean for you during pregnancy.



Menopause

Around menopause, your Lp(a) level and risk of heart disease and stroke may rise. Talk with your healthcare professional about what your Lp(a) level means for your heart health during this time.



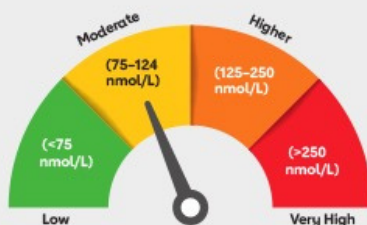
Family history

Heart disease, stroke or high Lp(a) may run in families. Talk with your healthcare professional about what your result means. If your Lp(a) level is high, encourage your parents, siblings and children to get tested too.

Get Tested

Lp(a) Ranges for Heart Disease & Stroke Risk

The American Heart Association recommends every adult get an Lp(a) test at least once in their lifetime.



These ranges are based on population-level studies.

Questions to Ask Your Healthcare Professional

- What does my Lp(a) level mean for me at this stage of life?
- What should my next steps be based on my Lp(a) level?
- Should my family members be tested for Lp(a)?

Learn more about Lp(a) at heart.org/lpa.