What is Lipoprotein(a)?

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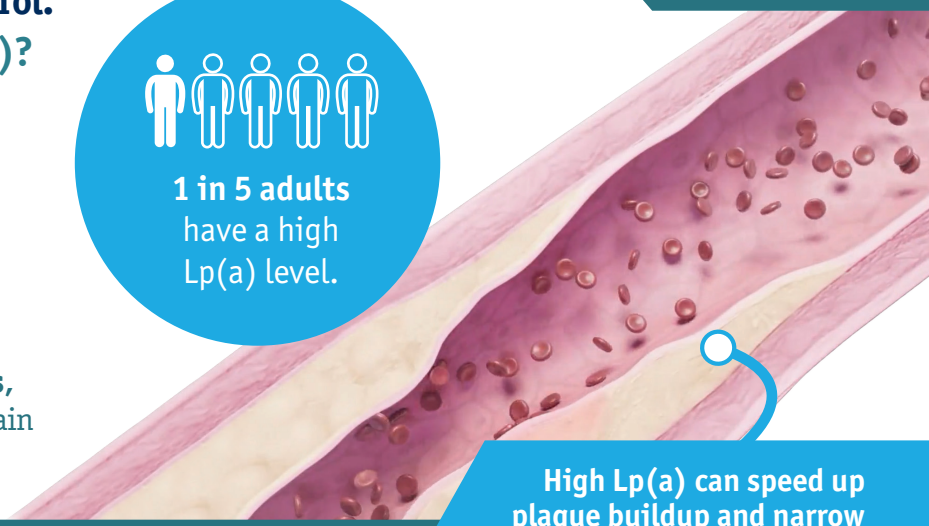
Cholesterol

You've probably heard of LDL cholesterol. But what about lipoprotein(a) or Lp(a)?

Lp(a) is:

- Similar to LDL cholesterol
- Passed down in families through your genes
- Not changed with diet or lifestyle

1 in 5 adults have a high Lp(a) level.



High Lp(a) raises your chance of developing **clogged arteries, heart attack, stroke,** and certain **heart valve problems.**

High Lp(a) can speed up plaque buildup and narrow the arteries. Knowing your Lp(a) gives more information about your risk of heart and blood vessel disease.

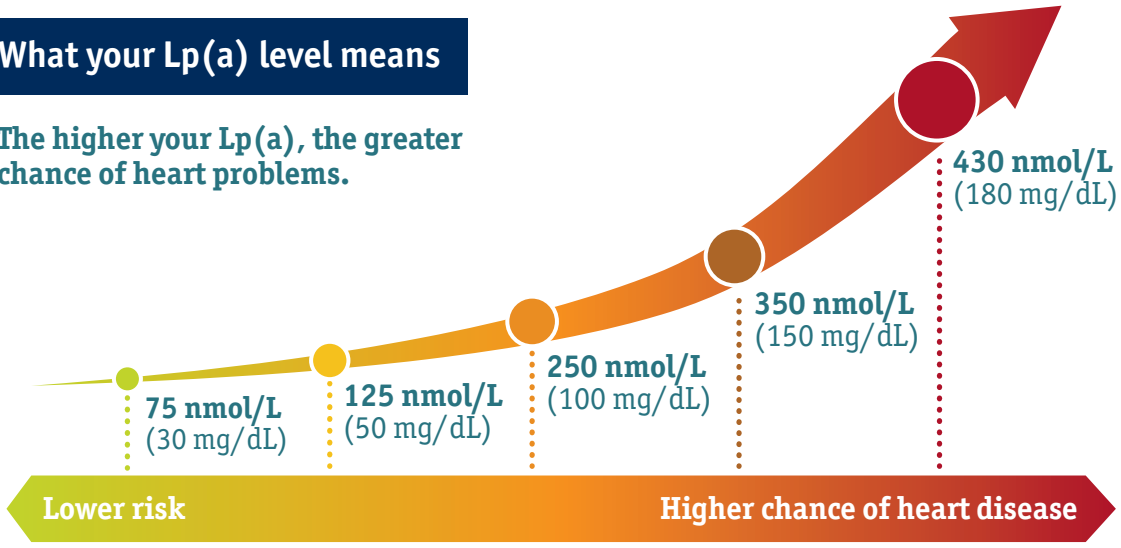
✓ **All adults should have their Lp(a) checked at least once in their lifetime.**

Why knowing matters

- Lp(a) can be high even with healthy levels of LDL cholesterol.
- Regular cholesterol tests (lipid panels) don't check for Lp(a).
- Ask about clinical studies focused on lowering Lp(a).

What your Lp(a) level means

The higher your Lp(a), the greater chance of heart problems.



Labs measure and report Lp(a) differently, **so ask your care team what the result means.**

For more information, visit *CardioSmart.org/Cholesterol*

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