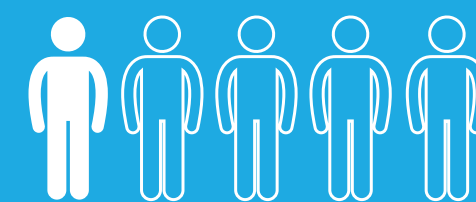


What is Lipoprotein(a) or Lp(a)?

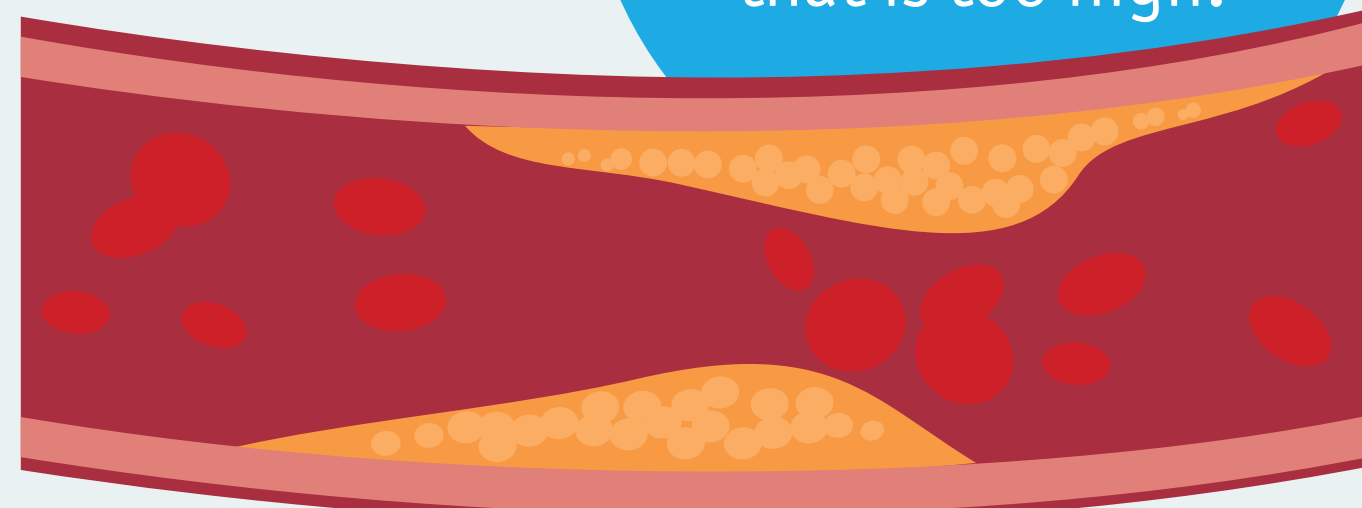
You've probably heard of LDL – the “bad” – cholesterol. But what about **Lp(a)**, pronounced “L-P little A”?



1 in 5 adults have an Lp(a) level that is too high.

It's less well known. But Lp(a) is:

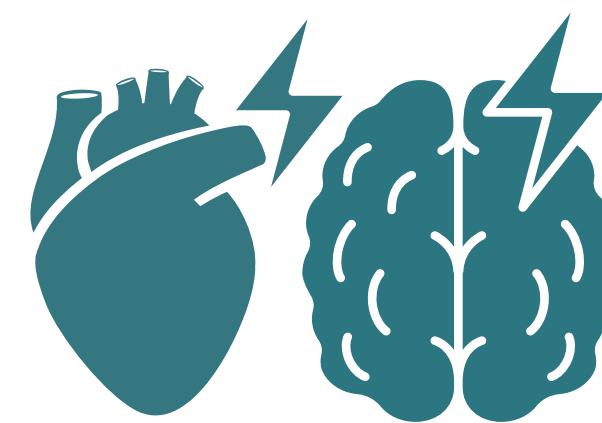
- ▶ Like LDL cholesterol, but it may be stickier, which can speed up narrowing of your arteries
- ▶ Passed down in families
- ▶ In general, not affected by diet or lifestyle



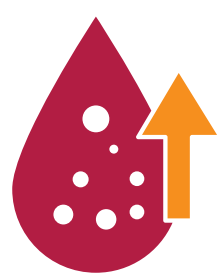
Blood vessel narrowed with cholesterol buildup

If you have too much Lp(a), you have a higher chance of clogged arteries, heart attack, stroke, and heart valve problems.

Ask your heart doctor if you need your Lp(a) checked.



What can make high Lp(a) more likely



LDL cholesterol over 190 mg/dL, or having FH (familial hypercholesterolemia)



If you, a parent, brother or sister had a **heart attack or stroke** at an early age (before age 55 for males and 65 for females)



Poor blood flow in your legs

Also, Black individuals tend to have higher Lp(a) levels compared with those who are White, Hispanic, or Asian.

Why knowing matters

Your Lp(a) level may be another piece of the puzzle to help prevent heart and blood vessel disease.



Your Lp(a) can be high even with healthy levels of LDL cholesterol.



Regular cholesterol tests don't check for Lp(a).



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



You can ask about taking part in a clinical study to find ways to lower Lp(a).

To learn more, visit [CardioSmart.org/Cholesterol](https://www.cardiosmart.org/Cholesterol)

 @ACCinTouch #CardioSmart

