



American
Heart
Association.



Understanding My Lp(a) Risk

Bring this sheet to your appointment and use it to guide your conversation with your health care professional.

Understanding Lp(a)

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

A regular cholesterol test (lipid panel) does not check your Lp(a). The only way to know your level is through a simple blood test ordered by your health care professional.

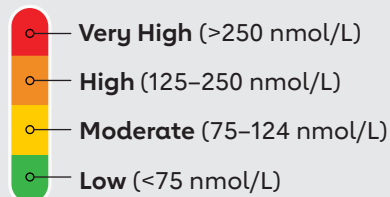
Current guidelines recommend that **every adult be tested for Lp(a) at least once in their lifetime**. Testing may be especially important if you have:

- ☐ Family or personal history of premature heart disease (under 55 for men and under 65 for women)
- ☐ Known family history of high Lp(a)
- ☐ Diagnosis of familial hypercholesterolemia (FH), an inherited condition in which people may be born with very high LDL levels.

Your risk of heart disease and stroke depends on several factors, not just Lp(a). Your health care professional can explain what your Lp(a) level means for you.

Understanding My Level

Lp(a) Ranges for Heart Disease & Stroke Risk



These ranges are based on population-level estimates and individual risk depends on other factors such as age and blood pressure.

My Lp(a) level: _____

- What does my Lp(a) level mean?

- How does my Lp(a) level fit into my overall health?

- Should my family members get tested too?

Understanding My Options

Lifestyle changes don't lower Lp(a), but they do help lower your overall risk for heart disease and stroke.

- Does my Lp(a) raise my risk for heart disease or stroke?

- What lifestyle changes can I make to lower my risk?

- Are there medications I should take or keep taking to lower my risk?

- Where can I find more information about Lp(a)?

Explore helpful Lp(a) resources at heart.org/Lpa.