

# Family Heart Disease

# & Lipoprotein(a)

## Understanding Lipoprotein(a)

Lipoprotein(a), or Lp(a), is an LDL-like particle that has an additional protein, apolipoprotein(a), attached to it. Elevated levels of Lp(a) can increase the risk for both heart attack and stroke.



Lp(a) levels above **50 mg/dL** or **125 nmol/L\*** is high and puts you at **risk**.

Lipoprotein(a)\*Lp(a) is measured in either mg/dL or nmol/L.

## Genetics and Lp(a)

High Lp(a) is a genetic condition that runs in families. If you have a personal or family history of early heart attack or stroke, it's important to know if you have high Lp(a).



**1 in 5 people** globally have inherited elevated Lipoprotein(a).

## What you can do



### Ask for an Lp(a) test

Lp(a) is not part of a standard cholesterol test—you can have normal cholesterol levels and still have high Lp(a). Ask your healthcare provider to order a simple blood test to check your Lp(a).



### Tell your family members

If your Lp(a) is high, tell your family members (siblings, parents, children) to have their Lp(a) tested to see if they also inherited high Lp(a).



### Manage your risk

Diet and exercise do not affect Lp(a) levels. Treatment options to lower Lp(a) are limited, but clinical trials are underway. Medical guidelines recommend lowering your LDL cholesterol with statins if you have high Lp(a). Lipoprotein Apheresis is FDA approved for people who have high Lp(a), along with people who have cardiovascular disease and Familial Hypercholesterolemia (FH).



## Manage all risk factors to lower your overall risk



Cholesterol Levels



Healthy Diet



Regular Exercise



Healthy Weight



No Smoking



Blood Pressure



Blood Sugar

Learn more at [www.FamilyHeart.org](http://www.FamilyHeart.org)