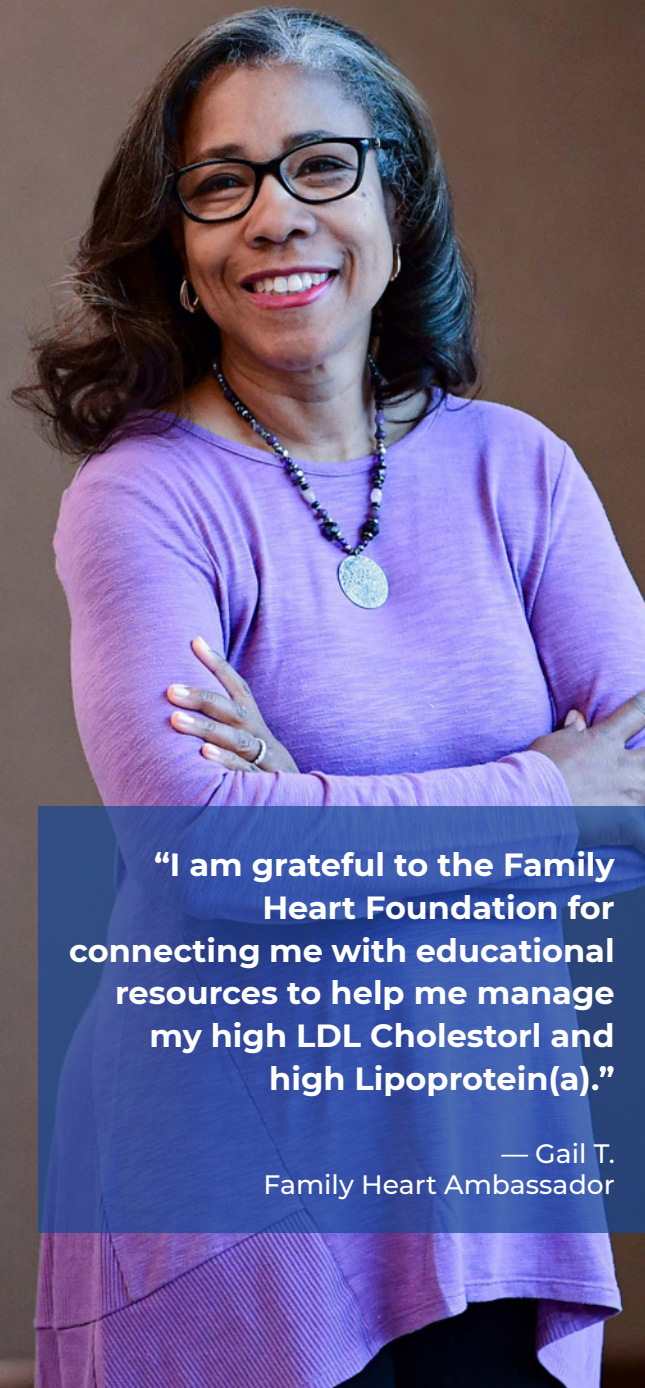
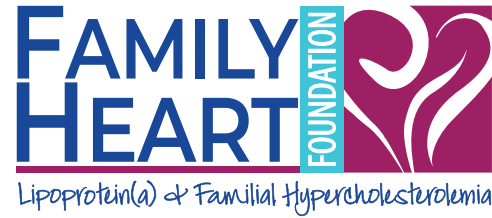


Actual individual with elevated Lp(a)



“I am grateful to the Family Heart Foundation for connecting me with educational resources to help me manage my high LDL Cholesterol and high Lipoprotein(a).”

— Gail T.
Family Heart Ambassador

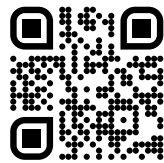


Contact Care Navigation
844-434-6334

About the Family Heart Foundation

The mission of the Family Heart Foundation is to save generations of families from heart disease through timely identification and improved care of FH and high Lp(a).

Through research, advocacy, and education we play a critical role in driving change and empowering families to navigate their own health.



www.FamilyHeart.org

Family Heart Foundation
Office: 844.434.6334
email: info@familyheart.org

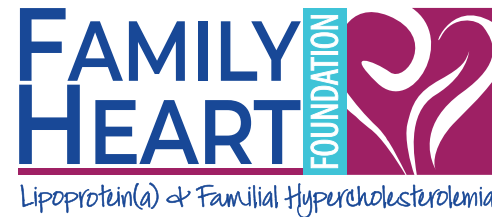
/theFHFoundation /theFHFoundation

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ELEVATED LIPOPROTEIN(a), Lp(a)



Actual family with elevated Lp(a)



a common genetic disorder that causes early heart attack and stroke

Lp(a) FACTS



High Lp(a) raises the risk for early heart attack or stroke.

1 in 5



people have elevated lipoprotein(a).

Measurements above

50 or **125**
mg/dL or nmol/L

are high Lp(a) levels and puts you at risk.



in the US have their Lp(a) screened.*

*2021 Family Heart Data shows about 1% of the general population in the United States have their Lp(a) screened, and 2% of people in the United States with ASCVD have their Lp(a) screened.



WHAT IS HIGH LIPOPROTEIN(a)?

Lipoprotein(a), also called Lp(a) — pronounced “L-P-little-A” — is an important genetic risk factor for heart disease and stroke.

High levels of Lp(a) cause plaque to build up in arteries, gradually narrowing them and limiting blood supply to the heart and brain. This leads to higher risk of heart attack, and stroke. Elevated Lp(a) is also a risk factor for aortic stenosis.

It’s important to know that your Lp(a) level is inherited and unrelated to your diet, exercise, weight or other risk factors.

Approximately 30– 50% of people with familial hypercholesterolemia (FH) also have high Lp(a). Therefore, everyone with FH should get an Lp(a) test.



HOW DO YOU KNOW YOU HAVE HIGH LIPOPROTEIN(a)?

Do you have:

- A family history of early cardiovascular disease —heart attack, stroke, or aortic stenosis
- You’ve had a heart attack or stroke with no other known risk factors (i.e., high LDL, smoking, diabetes, high blood pressure or obesity)
- If your Lp(a) is greater than 50 mg/dL or 125 nmol/L you have an increased risk of heart attack, stroke and aortic stenosis.

Ask your doctor if it could be high Lp(a).

Lipoprotein(a) is not part of the standard lipid panel. It must be requested by your doctor. The Lp(a) testing code is CPT Code 83695.

Actual individuals and families with elevated Lp(a)



MANAGING LIPOPROTEIN(a)?

Lipoprotein(a) is **genetic**. Your lifestyle choices have no impact on your levels.

Studies have shown that people with high Lp(a) can decrease their risk by as much as 66% by living a healthy lifestyle and reducing all cardiac risk factor.

Currently, lipoprotein apheresis is the only Food and Drug Administration (FDA) approved therapy in the United States for high Lp(a). This is a procedure, usually done every two weeks, to physically remove lipids including LDL and Lp(a) from the blood.

There are several promising Lp(a) medications that are in clinical trials.

For now, you should ask your health care provider to test your Lp(a) level. If it’s high, you should talk to your family about getting their Lp(a) levels tested. You can also work to reduce all other risk factors for heart disease, including your cholesterol levels to help prevent heart events.

Managing all risk factors, such as cholesterol level, blood pressure, blood sugar, diet & lifestyle, smoking, or weight, will help reduce the overall risk of heart attack or stroke.

We’re here for you!

The Family Heart Foundation Care Navigation Center can help you navigate your care.

www.familyheart.org/care



“The Family Heart Foundation has provided guardrails in this journey because it’s so easy to just veer off here or veer off there. Their education has kept me on the straight and narrow.”

— Bruce G.
Family Heart Ambassador

Actual individual with elevated Lp(a)