When to Ask Your Doctor About Lp(a)

- Family history of high Lp(a) or early development of heart disease.
- Familial hypercholesterolemia (FH): About a third of people with the condition also have high Lp(a) numbers.
- High LDL levels from your most recent lipid panel test.
- A diagnosis of aortic valve stenosis.
- Personal history of heart attack, stroke, or coronary artery disease before age 55 in men or age 65 in women.
- Poor circulation in your legs because of peripheral arterial disease.

Contact Us

If you would like to receive support or need more information, please contact us at:

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**Know Your Numbers**

- A blood test can be used to determine your Lp(a) level
- Your doctor will need to make a special request for this test
- Abnormal results are:
  - 14 to 30 mg/dL = Borderline risk
  - 31 to 50 mg/dL = High risk
  - Over 50 mg/dL = Highest risk

**What is Lp(a)**

Lp(a) stands for lipoprotein (a) and is pronounced "lipoprotein little a." Lp(a) is a type of lipoprotein that is inherited from one or both parents. Lp(a) is produced in the liver. It carries cholesterol, fats, and proteins in the blood. Lp(a) is similar in structure to low-density lipoprotein (LDL). It is made up of two other smaller lipoproteins bound together.

Your body naturally forms and dissolves clots, but Lp(a) can interfere and make blood clots harder to break down.

While some Lp(a) presence is normal, high levels increase the risk of heart attack or stroke. Knowing your Lp(a) level can help you understand your risk of heart disease.

**High Lp(a) Levels Increase the Risk of:**

- Fatty deposit buildup in the walls of your arteries, called atherosclerotic cardiovascular disease or ASCVD
- Heart attacks
- Aortic valve damage
- Strokes (via blockages in the neck arteries)
- Blockages in the leg arteries (peripheral vascular disease)
- Blood clots (thrombosis)

**Facts about Lp(a)**

- One in five people has high Lp(a) levels
- High Lp(a) levels create a higher risk of having a major cardiovascular event and/or developing aortic stenosis
- Lifestyle changes do not affect your Lp(a) numbers
- Lp(a) levels are 70-90% determined by genetics and are not affected by what you eat
- The risk of elevated Lp(a) is higher in people of African and South Asian descent

**Treatment**

Right now there are no medications to treat elevated Lp(a). Several clinical trials are underway for medications that can be used to lower levels by targeting genes in the body that make Lp(a).

Even though lifestyle changes do not affect your Lp(a) numbers, a heart healthy lifestyle is the best way to lower your risk of cardiovascular disease. This includes regular exercise, a healthy diet, not smoking and controlling your weight.