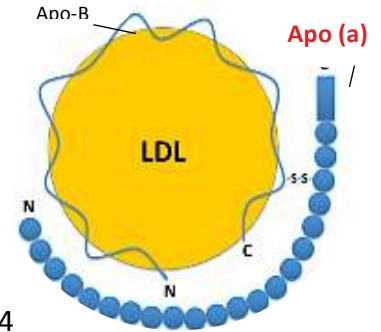


## What is Elevated Lipoprotein (a) ?

**Lipoprotein (a)** is a form of Low Density Lipoprotein (LDL) in which another protein, called Apo(a), is attached to each LDL particle as it carries cholesterol around in the body. Having elevated blood levels of Lipoprotein (a) raises a person's risk of heart attack and stroke beyond what is normally seen from elevated LDL cholesterol alone. This is believed to be due to the Apo(a) protein, which may reduce the body's ability to break down clots.

**Elevated Lipoprotein (a)** is usually inherited from one parent. About 1 in 4 people in the population are believed to have elevated blood levels of Lipoprotein (a). African Americans may have higher levels. Besides genetics, Lipoprotein (a) levels may result from increased intake of some types of fats, and some medical conditions.

**Treatment of elevated Lipoprotein (a)** is based on a person's risk of heart attack or stroke. A healthy diet and lifestyle are the first step to reducing heart attack and stroke risk from elevated Lipoprotein (a). Medications also may help. 'Statins' do not lower Lipoprotein (a) levels. However, statins are the most used medication for lowering heart attack and stroke risk in general, and so they are the most used medicine to treat risk from elevated Lipoprotein (a). Niacin can lower Lipoprotein (a) levels by 25-40%, as can PCSK9 inhibitors, but both are used less often. A new medication for lowering Lipoprotein (a) is being tested.



### When To Consider Lipoprotein (a) Testing and What To Expect

Lipoprotein (a) can be measured on a routine blood test - Your lab may report the result in 1 of 2 ways, either more than 75 nmol/L or more than 30 mg/dl

Lipoprotein (a) testing is usually recommended for people who have a personal or family history of early heart attack or stroke

Lipoprotein (a) testing may also be recommended in people who have familial hypercholesterolemia, also called 'FH'

Lipoprotein (a) testing may also be recommended in people who have early aortic valve narrowing or 'stenosis'

Lipoprotein (a) testing is not useful if you do not have any of the above conditions or risks

#### For Additional Information

Go to: [www.lipoproteinafoundation.org](http://www.lipoproteinafoundation.org)

### What to Do If You Have Elevated Lipoprotein (a)

Practice a heart healthy diet and exercise program—specifically avoid trans-fats in the diet

Control other heart disease risk factors like high blood pressure and diabetes. Don't smoke.

Discuss medication options with your provider, including statin medication to lower your overall heart attack risk

If you have children or siblings, recommend that they undergo a screening blood test for elevated Lipoprotein (a)

Consider evaluation by a lipid specialist to discuss current and future treatments for elevated Lipoprotein (a) and whether these are for you

**This Information Is Provided Courtesy of the National Lipid Association and Your Provider**