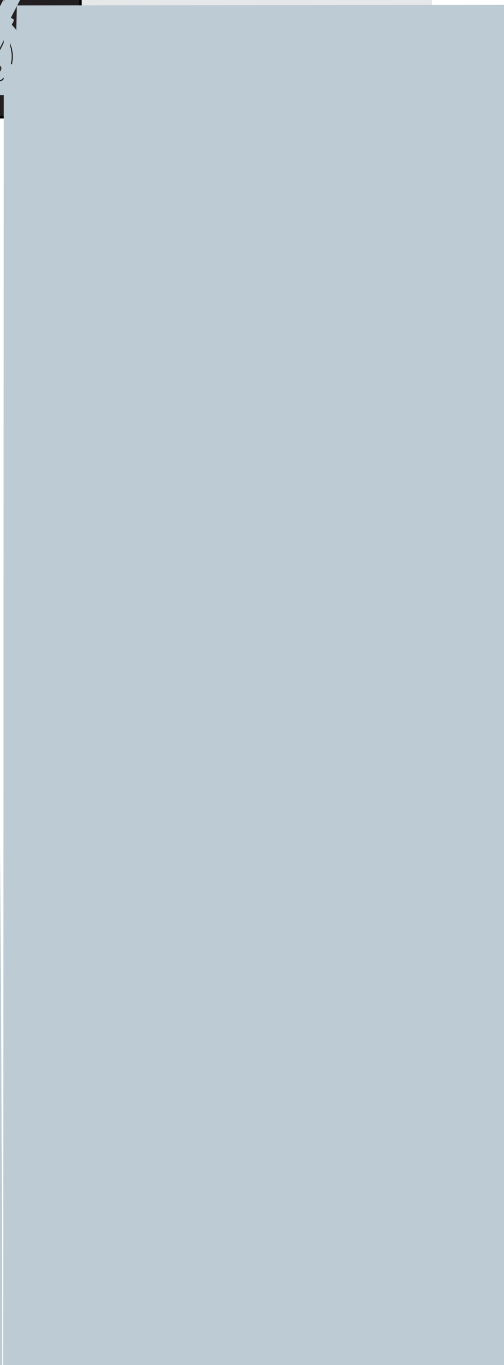
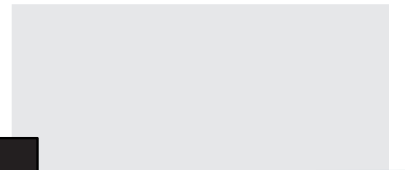
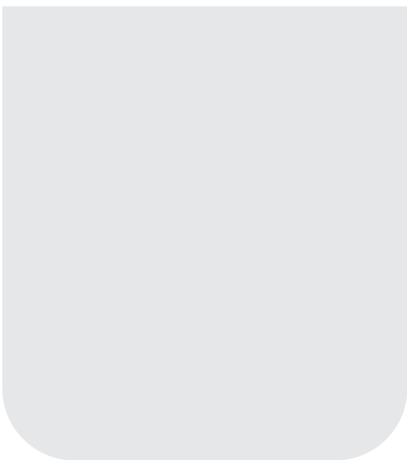
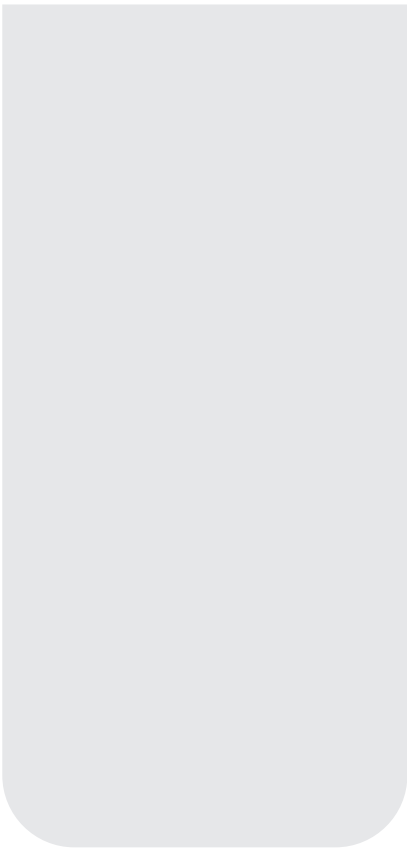


.Lp(a)

Lp(a)

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- Lp(a) stands for lipoprotein (a) and is pronounced "lipoprotein little a." It is a type of lipoprotein passed down through families and is a common risk factor for heart disease.
- Think of your body as a river with boats called lipoproteins carrying cholesterol and similar substances. Both lipoprotein (a) [Lp(a)] and low-density lipoprotein (LDL), or "bad" cholesterol, have a passenger called ApoB-100, but Lp(a) has an extra passenger called Apo (a). If there are too many Lp(a) boats in your blood, they can stick to the walls of your blood vessels, making the river narrower and increasing your risk of heart disease. **Check for Lp(a) because having too much can increase your risk of heart disease.**
- High Lp(a) levels affect about 1 in 5 people worldwide.

### What can I do if I have high Lp(a)?

Although lifestyle changes can't lower Lp(a) levels, it's important to lower your overall risk of heart disease by:



eating a healthy diet

being physically active

maintaining a healthy weight

stopping tobacco use

getting enough sleep