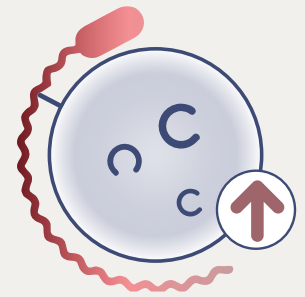


Talking with your patients about elevated Lp(a)*



The role of Lp(a) testing in cardiovascular (CV) care is emerging as an important topic of conversation among professional organizations and the medical community. Equally as important is the information an Lp(a) test can provide when making shared decisions about CV health with your patients.¹⁻⁴

Below is suggested language to help you address common questions your patients may have about elevated Lp(a).

? What is Lp(a)?	Lp(a) is a molecule in your blood. It is made up of both fat (lipo) and protein. Its main job is to help transport fats through your bloodstream. ⁵
? Is Lp(a) bad?	Lp(a) itself isn't bad , but if there is too much Lp(a) in your blood, it can attach to your artery walls and cause harmful blockages . This can increase your risk of having an early† heart attack or stroke , as well as future CV events. ⁵⁻¹²
? What causes high Lp(a)?	Your Lp(a) levels are ~90% inherited and are minimally impacted by lifestyle factors like diet and exercise. About 1 in 5 people have high Lp(a) , and it's even more common in Black and South Asian individuals. Your Lp(a) level is usually set around age 5 and typically stays the same throughout life. ^{6,13-19}
? Why haven't I heard about high Lp(a) before?	High Lp(a) is an emerging indicator of heart risk that may help explain a heart attack or stroke earlier in life. Testing Lp(a) levels is not often performed. That's why we added it to your blood work. ^{1,20-23}

*Elevated Lp(a) levels defined as ≥ 50 mg/dL or ≥ 125 nmol/L.¹

†Age <55 years in men, <65 years in women.^{1,6}

Lp(a), lipoprotein(a).

A conversation with your patients about elevated Lp(a) can help inform next steps, not just for them but for their family members, too.¹⁻⁴

Currently, there are no FDA-approved pharmacotherapies to decrease Lp(a) levels. But if your patient has elevated Lp(a), even if they have already had a heart attack or stroke, there are steps you can take today.^{1,13}

- 1 For patients with elevated Lp(a), optimizing management of other modifiable risk factors takes on heightened importance to reduce overall CV risk.** Patients with elevated Lp(a) may be at increased risk for a first—or recurrent—CV event. Elevated Lp(a) should be considered with the patients' other CV risk factors in designing risk reduction strategies.^{1,3,4,6,9-13,24}
- 2 Understanding elevated Lp(a) may help your patients take a more active role in their CV care.** Patients should grasp the importance of adhering to a management plan and making changes to their lifestyle behaviors.^{1,3,4,13,24}
- 3 Patients with elevated Lp(a) should know that this condition may run within their family.** Testing first-degree family members can help uncover those who may also be at increased risk for heart disease.^{1,14,15,25}



For more Lp(a) information and support: *Family Heart Foundation* (familyheart.org)

For tips on heart-healthy living: *American Heart Association* (heart.org/en/healthy-living)

For more information on Lp(a): *What Is Lp(a)?* ([WhatIsLp\(a\).com](https://WhatIsLp(a).com))

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