



Hyperlipidemia: Lipoprotein(a) Explained

Lipoprotein(a), or Lp(a), is a genetically driven lipid risk factor. It increases cardiovascular risk independently of standard cholesterol levels. Many people are unaware of its impact. Testing once provides lifelong insight.

Lp(a) resembles LDL but includes an additional protein that increases clotting and plaque formation. Levels are largely genetic and minimally affected by lifestyle.

Lab patterns may show normal LDL but elevated Lp(a), explaining unexpected cardiovascular events.

Identifying elevated Lp(a) prompts earlier and more aggressive risk reduction strategies.

01 Is This Your Story?

A patient with normal cholesterol experiences early heart disease. Lp(a) testing reveals markedly elevated levels. With aggressive lifestyle optimization and targeted therapy, future events are prevented and family members are screened early.

02 Try This Today

Measure: Ask whether Lp(a) has ever been tested.

Do: Share family history of early heart disease with your provider.

Reflect: Ask whether unseen genetic risk could be present.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

