

What is Lipoprotein (a)?



Lipoprotein(a) is also known as **Lp(a)**.
It's a protein that carries cholesterol
(a type of fat) and proteins in your blood.

People with high Lp(a) have a higher risk
for heart disease.

The level of Lp(a) in your blood is decided by your genes. Genes are passed on to you from your parents. They carry the information that decides how you look and how your body works.

How do we test for Lp(a)?



A simple blood test can measure your Lp(a) level.
However, Lp(a) is not usually tested during routine blood tests.

What do the levels of Lp(a) mean?

It's normal to have some Lp(a) in your blood. High levels of Lp(a) may mean you have an increased risk for heart disease.

Lp(a) levels can be measured in 2 different ways: nmol/L or mg/dL.

The different levels of Lp(a) are shown here:

	Normal Lp(a) level: < 75 nmol/L, or < 30 mg/dL
	Elevated Lp(a) level: 75-125 nmol/L, or 30-50 mg/dL
	Very high Lp(a) level: > 125 nmol/L, or > 50 mg/dL

A very high Lp(a) indicates an increased risk for a cardiovascular event.