



Lipoprotein (a) Fact Check

Welcome to the Lipoprotein (a) Fact Check Game! Test your knowledge about Lp(a) and heart health. Write **T** in the box if the statement is **true**, or **F** if it is **false**.

TRUE OR FALSE STATEMENTS

- If I know my LDL number, I don't need to test for lipoprotein (a), also known as Lp(a).
- High Lp(a) levels can cause plaque buildup and increase heart disease risk.
- If a parent, sibling, or child has a high Lp(a) level, other close family members should get tested.
- Only adults can get tested for Lp(a).
- Lifestyle changes can lower Lp(a) levels.
- Ethnicity and sex do not impact Lp(a) levels.
- Doctors check for Lp(a) in a routine cholesterol test.

KEY POINTS SUMMARY

Lp(a) Overview: Lp(a), which stands for lipoprotein (a) is a genetic risk factor for heart disease.

Testing: Regular cholesterol tests don't check for Lp(a).

Impact: High Lp(a) levels increase heart attack and stroke risk.

Inheritance: If a close family member has a high Lp(a) level, parents, siblings, and children should get tested too.

Management: Diet and exercise don't lower Lp(a) levels, but improve overall heart health.



Check your **answers on the back** of this document.



ANSWERS

STATEMENT	ANSWER
F If I know my LDL number, I don't need to test for Lp(a).	False: LDL and Lp(a) are different. Regular cholesterol tests don't check Lp(a).
T High Lp(a) levels can cause plaque buildup and increase heart disease risk.	True: A high Lp(a) can increase the risk of heart attacks and strokes.
T If a parent, sibling, or child has a high Lp(a) level, other close family members should get tested.	True: Lp(a) is inherited, so if a close family member has a high Lp(a) level, it's important to get tested and encourage other family members to do the same.
F Only adults can get tested for Lp(a).	False: Children can be tested too. Lp(a) levels are set by age 5 and generally stay the same from then on.
F Lifestyle changes can lower Lp(a) levels.	False: Diet and exercise can improve heart health and lower your overall risk of heart attack and stroke but don't lower Lp(a).
F Ethnicity and sex do not impact Lp(a) levels.	False: Lp(a) levels happen in people of all races, but Black individuals of African descent and South Asian populations often have the highest Lp(a) levels. Women over 50 also tend to have higher Lp(a) levels than men.
F Doctors always check for Lp(a) as part of a cholesterol test.	False: Lp(a) testing requires a separate blood test in addition to your lipid panel (cholesterol test).

 *Ask your doctor if a Lp(a) test is right for you!*