Lipoprotein(a) [Lp(a)]



WHO

Inherited risk factor; often runs in families.

WHAT

A sticky type of cholesterol that clogs arteries.

WHY

High Lp(a) increases risk of heart attack and stroke, even with normal cholesterol.



WHEN

If family history, one-time test in:

Late teens / early 20s

Recheck if there is a major health change:

(Menopause, Big weight change)

PREVENTION (Lifestyle Medicine)

Can't change genes, but lower other risks:

- Eat **plant-strong meals.**
- **Exercise** regularly.
- Avoid **smoking.**
- Advocate for **testing if early family heart disease**.



Tip

Lp(a) is like "super glue" cholesterol — the more you have, the stickier your arteries.

NUMBERS (How to Read Them)

Normal

Less than **30 mg/dL.**

High Lp(a)

More "sticky" cholesterol in the blood.