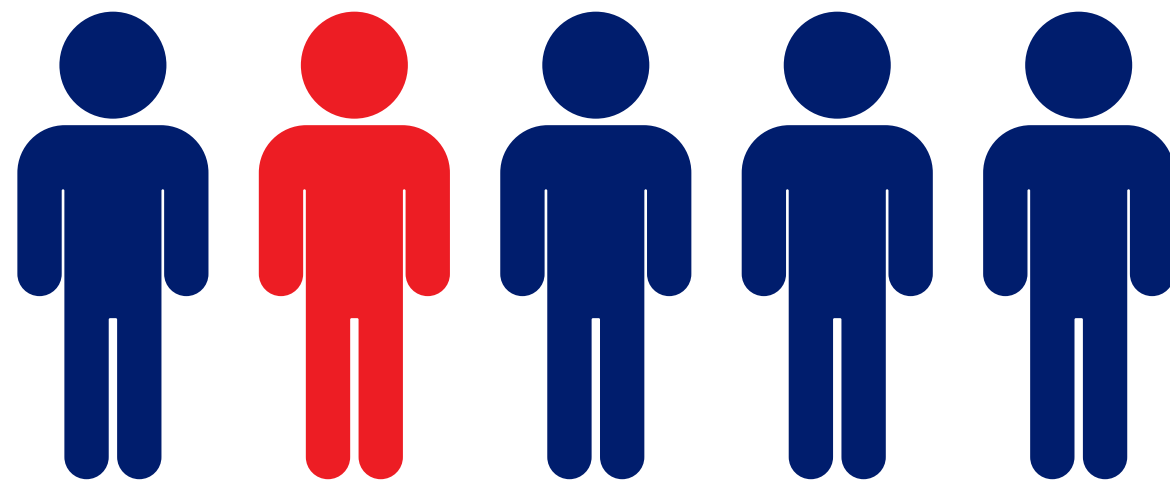


Know Lp(a)

1 in 5 people have elevated Lp(a)



What is Lp(a)?

Lipoprotein(a), or **Lp(a)**, is a cholesterol-carrying particle similar to LDL (“bad”) cholesterol but with extra components that can make it more dangerous to your heart and arteries.

Just like high LDL cholesterol, elevated Lp(a) can contribute to **plaque buildup in the artery walls**, but it also promotes **clotting and inflammation**, which can damage blood vessels over time.

Lp(a) Facts

-  Lp(a) is inherited - not caused by lifestyle
-  1 in 5 people have high Lp(a)
-  It's not part of routine cholesterol tests
-  High Lp(a) can triple your heart disease risk
-  Affects children and adults alike

How Do I Get Tested for Lp(a)?

One simple blood test could save your life - get tested young



Lp(a) tests are not carried out when you get a general “heart health check” or a standard general cholesterol test. You can ask your GP for an Lp(a) test.

Learn More



Scan to visit the FH Australia website to **learn more about Lp(a)** and join the Friends of FHA Community.

FH Australia

Voice and support for individuals and families with FH

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