Information about Lp(a)
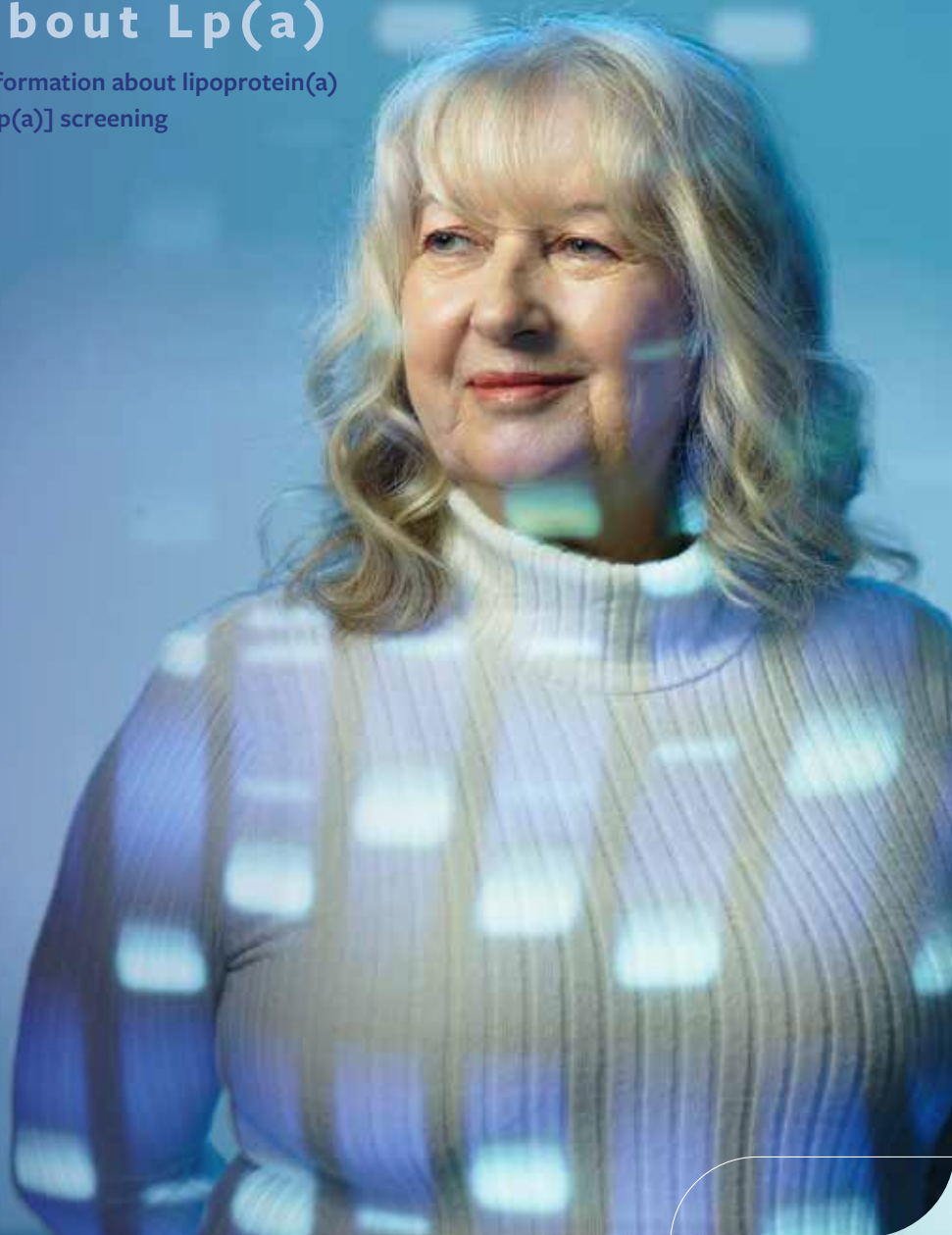
**Information about lipoprotein(a)
[Lp(a)] screening**

Thank you for your interest in an OCEAN(a) study

This brochure will provide you with information about Lp(a) and the importance of testing your Lp(a) level. If you have any questions, please speak to your doctor.

What is Lp(a)?

Many people know that 'bad' cholesterol (low-density lipoprotein (LDL)) can cause heart disease, but you may not have heard of Lp(a) – also known as 'lipoprotein(a)' or 'Lp little a' – which can also be problematic for heart health. In fact, Lp(a) has been referred to as 'LDL with Velcro', because it's wrapped in a sticky layer that can easily block your arteries.[1] Lp(a) also affects the clotting of blood. Both of these factors increase the risk of heart disease and stroke, and the higher your Lp(a) level, the greater the risk.[2]

What causes a high level of Lp(a)?

Your Lp(a) level is inherited. This means that it's determined by your genes, rather than by how much you exercise or what you eat.[3] What's more, your Lp(a) level won't necessarily change as you get older, although certain factors can cause it to rise, such as if you have a health condition like kidney disease.[4]

Who is affected by high Lp(a)?

People of all races, ethnicities, and ages, as well as males and females, can have a high level of Lp(a). However, as well as running in families, women, Black and South Asian people are more likely to have a high level of Lp(a).[5]

Should I get my Lp(a) level tested?

It's important to get your Lp(a) level tested. Knowing your Lp(a) level will help you and your doctor make informed decisions about how best to reduce other risk factors that can contribute to heart disease and stroke. Because the level of Lp(a) is inherited, if one family member has a high level of Lp(a), there's a chance that other people in the same family will have it too.[3] If your Lp(a) test results indicate a high level, it's a good idea for other members of your family to get tested, so their doctor can monitor their health.[6]

How will my Lp(a) level be checked?

A healthcare professional will check your Lp(a) level by taking a blood sample from a vein in your arm, using a small needle. Your blood sample will then be sent to a laboratory for testing, and your doctor will discuss the results with you.

What does a high or low Lp(a) level mean?

If your results indicate a high level of Lp(a), you should make an appointment to talk to your doctor about it. They may recommend that you have further tests to check other aspects of your heart health. Although you can't manage your Lp(a) level through diet and exercise, there could be other ways you can look after your heart health to address other risk factors.

If your Lp(a) level is low, current research doesn't suggest that you're at a greater risk of heart disease. However, please follow regular advice around healthy eating and being physically active. Your doctor will be able to tell you if you have any other risk factors for heart disease and stroke that can be addressed.

Consider a clinical study for people with a high Lp(a) level

Clinical studies help researchers learn more about how to treat conditions and disease, including high levels of Lp(a). Taking part in a clinical study will help researchers learn more about Lp(a) levels and how different people are affected.

If you're interested in taking part in an OCEAN(a) study, you will need to be fully assessed to see if you qualify. This will include a screening test to check your Lp(a) level. If you are eligible, you can choose whether or not to take part.

We hope you have found the information in this brochure helpful. If you would like to find out if you qualify for an OCEAN(a) study, have any questions, or want to learn more about the study, please speak to your doctor or contact a member of the study team using the details on the back page.

References:

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