

# Any Lab Test Now

## LIPOPROTEIN (a) TEST (LPa)

### **DESCRIPTION**

Lipoprotein (a), also called LPa, has been identified as a risk factor for cardiovascular disease and stroke. The level of LPa in the blood is inherited and numerous studies have shown that it is a significant predictor of cardiovascular disease that is not related to other risk factors. LPa transports LDL (“bad cholesterol”) through the blood and may directly contribute to arterial degeneration and cholesterol and plaque deposits in the arteries that obstruct the blood flow by increasing plaque size and increasing inflammation. It is believed that LPa prevents clots from being broken down normally and promotes the uptake of LDL into blood vessel walls.

Some studies suggest that consuming fish or taking fish oil supplements or the regular consumption of moderate amounts of alcohol may reduce LPa levels. Other exercise or diet regimens typically recommended for cholesterol reduction are usually not effective in reducing LPa.

### **WHY DO I NEED THIS TEST?**

Lipoprotein (a) testing is recommended for individuals who are at risk for cardiovascular disease especially those who:

Already have premature cardiovascular disease

Have high cholesterol levels

Have a family history of premature cardiovascular disease and/or high LPa levels

Have recurrent cardiovascular disease in spite of statin treatment

Have cardiovascular disease but normal levels of cholesterol, specifically LDL.

If test results indicate high risk, LDL levels should be treated more aggressively as LPa itself is not usually affected by lifestyle or diet. 50% of those who experience a heart attack have normal cholesterol levels.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

### **WRITTEN BY:**

**EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR**

Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

**FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567**

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