



1

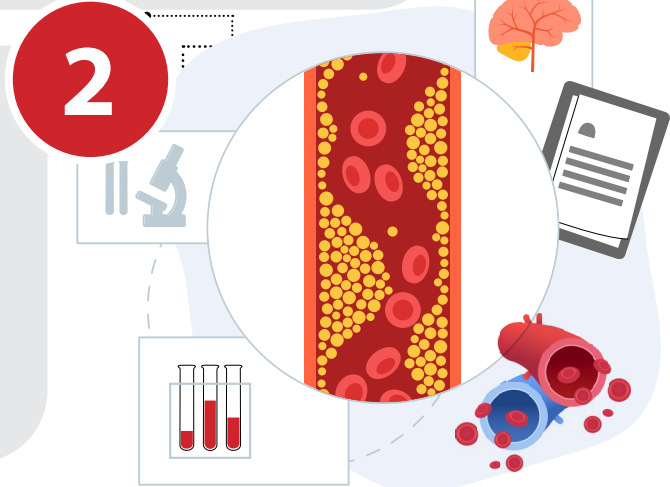
Ta in lipoprotein(a)?

Lipoprotein(a), ak Lp(a), ej juon men eo ekurij-ej bokto boktak lipoprotein ilo botoktokim. **Labol eo kobed ie ej itok jen ro kwar walok jen er**, im elañe elap, emaron kauwotata nan naninmej in menono im turook. **Eñañin 1 iaan 5 armej ewör aer Lp(a) eo im elap**, im **ejjelok kokkalle ko ipper**.

Ewi wawein aō bōk teej eo?

Juon teej in cholesterol (teej in lale jonan kurrij ilo botoktok nan lale menono eo) ejjab joñe Lp(a). **Ñan jelā labol eo am, kajjitōk ibben rijerbal in takto eo am ñan juon teej in Lp(a)**. Bunton ko nan lori kiō rej rejañ bwe **aolep rütto rej aikuj in teej juon alen ilo mour eo aer**. Bok teej eo emaron in lukkun aurōk elañe ewör ippam:

- Wor kar kain naninmej in ilo baamle eo nañinmej in menono (iumwin 55 ñan **emṃaan** ro im **iumwin** 65 ñan kōrā ro)
- Wor kar kain naninmej in ilo baamle eo im lap jonan Lp(a) ipper
- Emo loe naninmej in familial hypercholesterolemia (FH), juon nañinmij eo ej itok jen jinom im jemom im ro rej lotak tok kin joñan LDL ko rellap

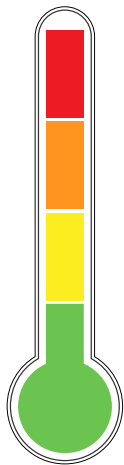


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3

Ta melelein jemlok ko ao?

Nañinmej in menono im turook rej walok jen elōn men ko, im Lp(a) ej juon iaan men kein. Elañe labol Lp(a) eo am ej **125 nmol/L (50 mg/dL) ak laplok**, joñan kauwotata eo am nan nañinmij in menono im turook emaron in laplok, im elañe labol eo am ej **250 nmol/L (100 mg/dL) ak laplok**, jonan kauwotata eo am emaron in laplok ruo alen. Rijerbal in takto eo am emaron kwalok ta melelein labol eo am ñan kwe im jibañ yuk karōk **buntōn** ko tok jet.



4

Ewi wāwein aō maroñ in kadiklok kauwotata eo ao?

Mekarta oktak ko ilo mour rejjab kadiklok joñan Lp(a), elap an aurōk nan kadiklok joñan kauwotata nan am bok naninmej in menono im turook ilo am:



Lale men ko jet rekauwotata einwot cholesterol, joñan botōktōk, im nañinmij in tonal



Kan mōñā ko roone



Komakitkit enbwinnum aolep ien



Kōjparok jonan eddo eo am



Bobrae jen bok jikka ko rekajoor



Bōk 7-9 awa in kiki im kakije kajjojo raan

nañinmij in tonal Elañe joñan Lp(a) eo am elap, **Jeek nan aolepen baamle eo** ej aikuj bok jikin. Melelein aolepen baamle eo am im repaak eok rej aikuj teej, ekoba jinom im jemom, ro jeim im jatum, ajri ro nejumi, nan laler elane rej bar pad ilo kauwotata.

5

Injuron in takto eo ao emaron ke kōlla Lp(a) teej eo?

Elōñ inuron bulaan ko rej kōlla teej in. Elane kwoj kool ñan lale, kwalok **CPT code 83695**. Elañe bulaan eo am ejjab kōllaiki, rijerbal in ājmour eo am emaron in jibañ pukōt wāween ko repidodo ñan teej.

Kenono ippen rijerbal in ājmour eo am kin Lp(a) im wāwein ko ñan kōmman bwe en diklok am kauwotata nan bok nañinmij in menono im turook. Katak elaplok ilo **heart.org/Lpa** (website ilo Kajin Palle)