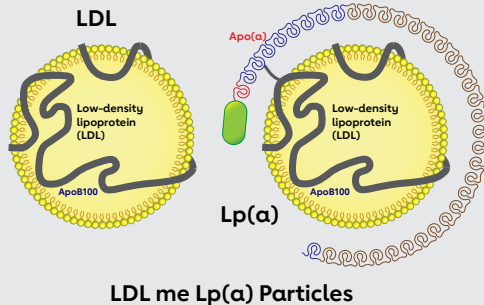


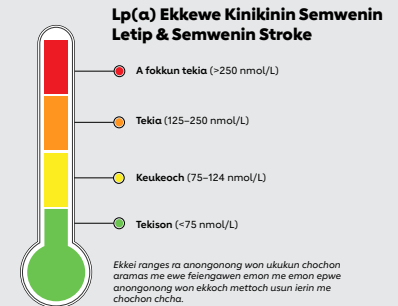
Met ei Lp(a)?

- Lipoprotein(a), ika Lp(a), nge ew lipoprotein mi nukei cholesterol me non waan inisumw. **Napengeni omw lefel mi feito seni innomw me semomw.**
- Kekitan lefelin Lp(a) mi kan tori 1 nein 5 aramas non fonufan unus**
- Lp(a) a wewe ngeni ew kukun lipoprotein (LDL), fan ekoch sia eita pwun "bad" cholesterol, nge mi wor apachen protein iten apo(a). Ei apachen protein a forata pwun Lp(a) nge esapw LDL epwe pinei non omw arteri me ekisatiw pupun cha. **Nupwen a watte om Lp(a), ei chochon me kukkunun chcha epwe tongeni anapano om feiangawen semwenin letip, stroke, semwenin fitikoko, me fitikoko non fitikoko.**



Pwata upwe sinei ai lefelin Lp(a)?

- Ika omw lefelin Lp(a) level nge **125 nmol/L (50 mg/dL) ika nuseneni**, iwe fisefisen ika mecheresin toruk semwenin ngasangas me stroke a naponno, iwe ika omw lefel nge **250 nmol/L (100 mg/dL) or higher**, ika fisefisen a tapel.



Chomong aramas ese torir esisin.

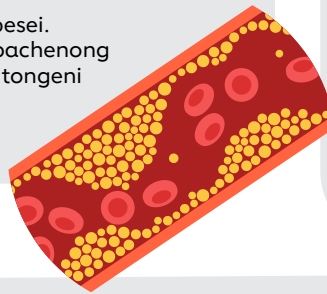
Och mecheresin tesin cha a tongeni pwari ngonuk omw Lp(a) lefel. minafon emwen a eureura pwun iteiten aramas meinisin repwe angei ena tes ika mwo fan ew non manawer. Ei tes a fokun ouchea ika mi wor remw:

- Emon non omw omw uruon famini mi pin torir semwenin ngasangas me mwen ar uputiw (fan 55 ren mwan iwe fan 65 ren fefin)
- Mi fat pwun mi wor uruon watten Lp(a) non famini
- Diagnosis ren hypercholesterolemia (FH) non famini, och semwenin sia kan angei seni inn me sam ekoch aramas ra uputiw non mi tekia lefelin LDL

Mei wor pwan ekkocho mettoch mei efisata ai upwe nomw non feiangawen Lp(a) mi watte?

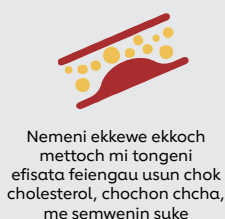
- Lp(a) a kan watte lon ekkewe aramas mi popu seni Afrika me ekkewe aramasen South Asia.
- Ekkewe level repwe pwan tongeni wattenno ren ekkocho kinikinin manau usun chok ewe fansoun **pwopwo** me ewe fansoun **menopause**.
- Ekkewe napanap usun semwenin ngun, semwenin ngun, osukosuken thyroid, me mei tongeni epwe wattenno ewe Lp(a).

Ika pwe omw ewe Lp(a) a watte we, **cascade screening** a pesei. Wewen pwe epwe sotuni chon ewe famini mi arap ngeni, pachenong sam me in, pwipwi, me semirit, pwe epwe kutta ekkocho mi tongeni nom non feiangaw.



Met upwe fori ika pwe a watte ai Lp(a)?

Ina mwo ika siwinin manawom ese aukuuu ewe Lp(a), nge ka tongeni aukuuu unusen omw feiangaw ren semwenin netip me stroke ren:



Omw kopwe sinei omw ewe Lp(a) level epwe anisuk me noumw we chon angangen tumunun inisumw ne weweiti omw ewe feiangaw me fori met kopwe fori ren omw kopwe tumunu netipomw.

Kopwe kaeo pwan ekkocho won heart.org/lpa (website non fosun Merika)