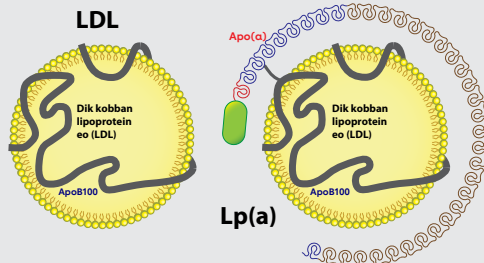


# Lipoprotein(a)

## Ta eo Lp(a)?

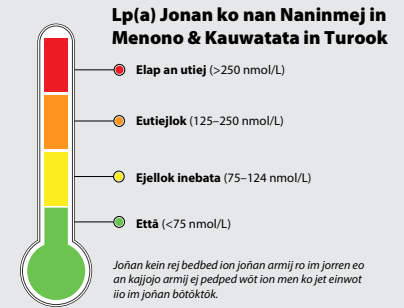
- Lipoprotein(a), ak Lp(a), ej juon lipoprotein eo ej bök cholesterol ilo bötöktök eo am. **Labol eo am kwoj boke jen baamle eo am.**
- Lp eo utiej(a) joñan ajmour **enañin 1 ian 5 armij** ibelakin lalin
- Lp(a) ej einwot juon lipoprotein edik uwaan (LDL), ekkä an naetan “nana” cholesterol, ak ewör bar juon an protein etan apo(a). Protein in ej kömman bwe Lp(a) en laplok an maroñ jen LDL ñan kömman kij ko rej laplok ilo ialin botoktok ko im kömman bwe en diklok an bötöktök etal. **Ñe joñan Lp(a) eo am utiej, joñan in ej laplok im diklok an bötöktök ej etal emaron kalaplok am bök nañinmij in menono, turook, nañinmij in bötöktök, im apan ialin botoktok aer makitkit jen menono eo nan enbwin eo.**



LDL im Lp(a) men jidik ko

## Etke ij aikuj in jelä joñan Lp(a) eo aõ?

- Elañe joñan Lp(a) eo am ej **125 nmol/L (50 mg/dL) ak laplok**, joñan kauwatata eo am nan nañinmij in menono im turook emaron in laplok, im elañe joñan eo am ej , your risk of heart disease and stroke may increase, and if your level is **250 nmol/L (100 mg/dL) ak utiejlok**, kauwatata eo am emaron ruo alen.



## Elöñ armij rejjab bök kakölköl ko.

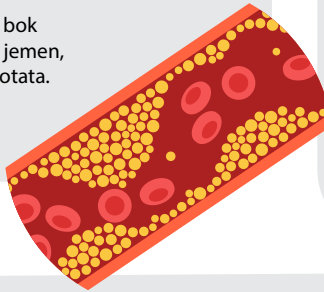
**Juon teej in bötöktök emaron kwalok joñan Lp(a) eo am.** Bunton ko nan lori kiö rej rejañ bwe **kajjojo ritto ren teej juon alen ilo mour eo aer.** Teej in emaron in lukkan aurök elañe ewör ippam:

- Wor naninmej in menono ippen baamle eo am ak ippam make (mejelein iumwin 55 ñatn emḡaḡan ro im iumwin 65 ñan körä ro)
- Ewor ke ippen baamle eo am naninmej in Lp(a) eo elap
- Naninmej in familial hypercholesterolemia (FH) - ej juon naninmej eo kwoj bok jen jinom m jemom im armej remaron in lotak tok kake kin labol in LDL ko rellap

## Ewör ke bar jet men ko rej likit io ilo kauwatata in Lp(a) eo utiej?

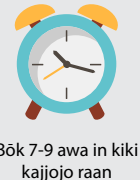
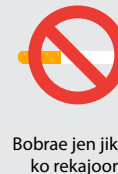
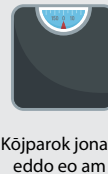
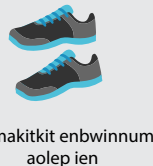
- Lp(a) joñan ko **elaplok ilo armij ro jen Africa im armij ro jen South Asia.**
- Joñan ko remaroñ bar laplok ilo jet ien ko ilo mour einwot **bororo im bojrak jen mejen allon.**
- Nañinmij ko einwot nañinmij in kitni, nañinmij in ar, nañinmij in taeroot, im emaron in kalaplok joñan Lp(a).

Elañe joñan Lp(a) eo am elap, **kakolkol nan aolepen baamle eo** ej bok jikin. Melelein teeje aolep ro repaak ilo baamle eo, ekoba ro jinen im jemen, ro jein im jatin, im ajiri ro, ñan puköt ro jet me remaroñ bed ilo kauwotata.



## Ta eo imaroñ kömmene elañe elap Lp(a) ippa?

Mekarta **wawein mour** ej oktak ak rejjab köttäik joñan Lp(a), kwomaroñ kömman bwe en diklok an kauwotata am nañinmij in menono im turook ilo am:



**Jela joñan Lp(a) eo am ej jibañ eok im takto eo am ej melele kin jonan kauwotata eo am im bök buñton ko ñan kejbärok menono eo am.** Katak elaplok ilo **heart.org/lpa** (website ilo Kajin Palle)