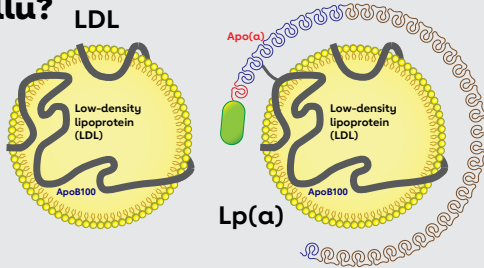




Lipoprotein(a)

Lp(a) qaneryaraq-llu?

- Lipoprotein(a), Lp(a)-llu, cholesterol-mik ayuqluni lipoprotein qaneryaraq -mi ayuqellruuq. Piciryaranga tamarmi aullakluki-nguurluni.
- Akumeng ayurnek qengaluni Lp(a)-mik piciryaranga tamarmi cali ayuqellruuq 1-llu 5-mi yuut nunaryarmi
- Lp(a) LDL cholesterol-mik akumuleng ayurnek qengaluni cholesterol-mi ayuqluni cali, protein-llu cali apo(a)-llu ayuqellruuq. Protein-llu cali Lp(a)-mi LDL ayuqluni plaque ayuqluni arteries-mi cali qaneryaraq -mi ayuqluni akimun. Lp(a)-mik piciryaranga akumuleng ayurnek qengaluni, plaque ayuqluni cali qaneryaraq -mi ayuqluni akimun cali ayurnek qengaluni ayuqellruuq umyuarma krank-mi, stroke, peripheral artery disease-llu, aortic stenosis-llu.

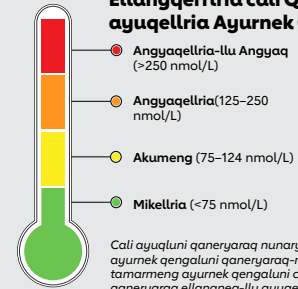


LDL-llu Lp(a)-llu ciunrituq ayuqluni piciryaranga

Lp(a)-mik piciryaranga qanruyutet-llu ayuqellruuq?

- Lp(a)-mik piciryaranga 125 nmol/L (50 mg/dL) akumuleng ayurnek qengaluni, cali ayurnek qengaluni umyuarma krank-llu stroke-llu ayuqellruuq, piciryaranga 250 nmol/L (100 mg/dL) akumuleng ayurnek qengaluni, cali tamarmi ayurnek qengaluni ayuqellruuq.

Lp(a) Qaneryarait Uumanek Ellangqerrlria cali Qemirluni ayuqellria Ayurnek Qengaluni



Cali yuut cami-llruut nallunrituq.

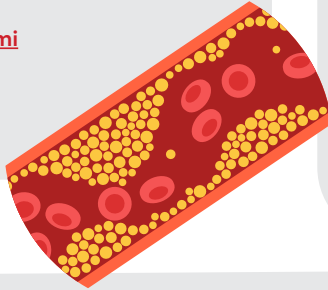
Test-lluku qaneryaraq aturluku Lp(a)-mik piciryaranga elgnaurlukku. Qaneryaraq-mi ciunrituq tamarmeng yuut test-mik aturluku cali-llu iqugngaluni. Test-mik aturluku ciunrituq tamarmeng ayuqluni:

- Aullakluki-llu yuut qaneryaraq cali nallunrituq qaneryaraq umyuarma krank-llu tamarmi ellangneq (angut-mi 55-llu ellangneq, arnat-mi 65-llu ellangneq)
- Aullakluki-llu qaneryaraq akumuleng ayurnek qengaluni Lp(a)
- Familial hypercholesterolemia diagnosis aullakluki (FH)-nguurluni qaneryaraq, cali yuut akumuleng ayurnek qengaluni LDL cholesterol-mik piciryaranga ayuqellruuq

Cali allranun qaneryarait ayuqlartut ayurnek qengaluni Lp(a)-mik piciryaranga angyaqellria?

- Lp(a)-mik piciryarait angyaqellriuluni ellangqerrluteng Africami aullaqellriit cali South Asian nunaryarmi inuit.
- Piciryarait cali angyaqellriulartuq ellangqerrluteng inuurvik iluani irniayuneq arnat nutarqellruungait.
- Ayuqluni makut-llu cagameng ayuqluni, cangqeng ayuqluni, thyroid-llu qaneryaraq ayuqellria cali Lp(a)-mik piciryarait angyaqellriulartaat.

Lp(a)-mik piciryaranga angyaqellria, test-lluku ilakelriit-mi piciqellria. Tamana qaneryarait test-lluku qanruyutet ilakelriit qanemcit, makut-llu angayut, irniat-llu, nugget-llu, elitnaurvik ayurnek qengaluni allat.



Cami elitnaurciqa Lp(a)-mik piciryaranga angyaqellria ellangqerma?

Ellangneq ayuqluni ciunrituq qaneryaraq Lp(a)-mik piciryarait nallunritelluku, ayuqluni ciunrituq qaneryaraq Lp(a)-mik piciryarait nallunritelluku:



Allranun ayurnek qengaluni ciunrituq qaneryaraq ayuqluni, cholesterol, auqat qepunritellria Angyaqellria, diabetes ayuqluni



Umyuarma qaneryaraq ayuqluni ciunrituq ayuqluni



Ciunrituq ayuqluni ellangneq ayuqellria



Ciunrituq ayuqluni ayuqluni piciryarait mikellria



Tabaakuuq-ngun ayuqellria nallunritellruuq



Ciunrituq ayuqluni tamana 7-9 ellangneq-mi ellangneq ayuqluni aturluku

Lp(a)-mik piciryaranga ayuqluni cali ciunrituq qaneryaraq ayuqluni ayurnek qengaluni nallunritelluku cali umyuarma qaneryaraq ayuqluni ayuqluni. Elgnaurlukku-llu-mi heart.org/lpa (website-aq Inglissuun)