

**CLIENT NOTICE:****Lipoprotein(a) testing update – now offered in house and publicly insured**

Lipoprotein(a) (Lp(a)) levels are robustly associated with the risk of coronary heart disease; strongly suggesting a causal association between Lp(a) and cardiovascular disease (CVD)<sup>1,2</sup>. The risk increases with increasing Lp(a) levels in a dose dependent fashion. Lp(a) concentrations > 100 nmol/L (>50 mg/dL) are associated with an increased risk of myocardial infarction independent of established CVD risk factors including diabetes mellitus, smoking and high blood pressure<sup>3</sup>. The 2016 Canadian Cardiovascular Society (CCS) Guidelines suggested that Lp(a) might aid risk assessment in subjects with intermediate Framingham Risk Score or with family history of premature coronary artery disease<sup>4</sup>. The 2021 CCS guidelines further underscore the importance of Lp(a) testing and recommend measuring it once in a person's lifetime as part of initial lipid screening<sup>3</sup>. The guidelines also recommend to measure Lp(a) in molar units (nmol/L) and to discontinue using mass units (mg/dL)<sup>3</sup>.

In accordance with the 2021 CCS guidelines and the recently introduced Ontario Ministry of Health's Community Access Pilot (see LifeLabs notice from December 13<sup>th</sup>, 2021), LifeLabs is now offering Lp(a) testing performed in house, at no cost to patient. The Lp(a) results are available with improved turnaround time of one day and expressed in nmol/L units.

**What you need to know:**

- Lp(a) is now publicly insured under the Ontario Ministry of Health's Community Access Pilot when measured once in a person's lifetime.
- Test can be ordered by indicating "Lipoprotein a, Lipoprotein (a), Lp(a), LPA or LP little a" on the OHIP requisition
- Required specimen: Serum
- Turnaround time: 1 day
- Reporting units: nmol/L
- Reference interval: < 100 nmol/L

For further information, please contact one of the LifeLabs clinical biochemists below, or LifeLabs Customer Care Centre at 1-877-849-3637.

We welcome your feedback!

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## References

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