



What Is Cascade Screening?

Cascade screening is used for genetic conditions to check family members who may also be at risk. The risk can be different for each genetic condition and the way it's passed down.



Why Is Cascade Screening Important?

- **Finds risk early:** Identifies inherited conditions before symptoms appear.
- **Guides prevention:** Encourages early action to protect long term health.
- **Empowers families:** Helps families understand shared risks and make informed decisions together.

How Does Cascade Screening Help With Lp(a)?

Lipoprotein(a), or Lp(a), is a cholesterol carrying lipoprotein in the blood. Levels are mostly inherited, and when they are high, they can increase the risk of heart disease and stroke. **Cascade screening helps identify high levels in close family members.**

What Should I Do Next?

1. Get Tested for Lp(a)

Current guidelines recommend that **every adult be tested for Lp(a) at least once in their lifetime.** A standard cholesterol panel does not include this test. Ask your health care professional for a simple Lp(a) blood test to find out your level.

2. Take Action If Your Lp(a) Level Is High

If your level is high, your parents, siblings, or children also may have high levels. Let them know so they can get tested. Your health care professional can explain what your level means and how you and your family can lower the risk of heart disease and stroke.