



Understanding Cascade Screening

WHAT IS CASCADE SCREENING?

Cascade screening is a way to check if close family members, such as parents, siblings, and children, of someone with a genetic condition might also be at risk of getting the same condition. The chance can be different for each genetic condition and how it's passed down.



WHY IS CASCADE SCREENING IMPORTANT?

- **Early detection:** Helps find if someone might have inherited a genetic condition but doesn't have symptoms yet.
- **Preventive measures:** Lets people start managing the condition early.
- **Family health:** Keeps family members healthy by telling them about their genetic risks.

Lp(a) is a genetic risk factor for heart disease. Finding high Lp(a) levels early lets people make healthy changes and manage other risk factors, lowering their risk of heart attack, stroke, peripheral artery disease (PAD), calcific aortic valve disease, and aortic stenosis.

According to the National Heart, Lung, and Blood Institute (NIH), 20-30% of people worldwide have high Lp(a), but the Lp(a) test isn't included in standard cholesterol test, so few people get tested.



Talk to your doctor about Lp(a) testing, especially if you have:

- Family or personal history of premature heart disease (defined as younger than 45 for men and 55 for women)
- Known family history of high Lp(a)
- Diagnosis of familial hypercholesterolemia (FH) - inherited condition where the body poorly recycles LDL cholesterol



Talk to your doctor about Lp(a) testing.

If your Lp(a) level is high, ask your doctor about cascade screening and tell your close family members to get tested too.