




# Apolipoprotein B, Low-Density Lipoprotein, Cholesterol, & Heart Health

Low-density lipoprotein (LDL) is a lipoprotein that carries fats like cholesterol in your blood. Your body needs cholesterol to make cells and hormones. LDL carries cholesterol to where your body needs it. You can find out how much cholesterol is carried by LDL with an LDL cholesterol (LDL-C) test. An LDL-C test is done with a lipid panel.

Even though your body needs cholesterol, too much **LDL** in your blood can cause heart disease. LDL can get trapped in blood vessels and make blood vessels narrow and hard. This can lead to a heart attack or stroke.

Apolipoprotein B (ApoB) is a protein in your blood that helps your body make LDL. Every LDL has one ApoB, so **an ApoB test shows how much LDL is in your blood**. An ApoB test can be done when you have an LDL-C test. It can sometimes help you and your clinician know your heart disease risk better. This can help you choose the best treatment for you.

## How Does ApoB Help My Clinician?

	<b>Shows Your Risk Better</b> ApoB can help your clinician know your risk for a heart attack, stroke, and other forms of heart disease.
	<b>Genetic Disorders</b> ApoB can help your clinician find out if you have a genetic disorder. Some genetic disorders make your LDL-C and ApoB too high. This makes your risk of heart disease high. It may make your children's risk high too.
	<b>Treatment to Lower ApoB</b> ApoB can help your clinician know if you need to lower your LDL-C more.

## What is the best treatment for me?

ApoB helps to know your heart disease risk. If your LDL-C is low but your ApoB is high, you may need more treatment. This can be with lifestyle changes or medicine therapy. You and your clinician can choose the best plan for you together.

## How to Lower ApoB

### Diet and Lifestyle

- » Eat a heart-healthy diet
- » Eat more fruits, vegetables, nuts, seeds, and legumes
- » Choose healthy protein foods: fish, chicken, lean red meat
- » Eat fewer foods high in saturated fat like butter, coconut oil, and fatty meats
- » Eat fewer foods and drinks high in sugar like sodas, energy drinks, sweets, and desserts
- » Try to exercise every day

### Medicines

- » Medicines used to lower LDL-C also lower ApoB, including:
  - » Statins like atorvastatin and rosuvastatin
  - » Ezetimibe
  - » PCSK9 drugs like alirocumab, evolocumab, & inclisiran
  - » Bempedoic acid

To learn more about ApoB, please talk with your clinician. It can help you find the right care for you and your family. To find a lipid specialist in your area, use the "find a clinician" tool on [learnyourlipids.com](https://www.learnyourlipids.com).