



American Heart Association.



Thoughtful Talks with My Health Care Professional: **Understanding My Lp(a) Risk**

Bring this sheet to your appointment and discuss the following questions.

REVIEW MY PERSONAL & FAMILY HISTORY

Lp(a) stands for lipoprotein (a) and is a genetically inherited independent risk factor for heart disease. Discuss with your health care professional if you have any of the following:

- Known family history of high Lp(a)
- Family or personal history of heart disease or premature coronary artery disease (defined as younger than 45 for men and 55 for women)
- Diagnosis of familial hypercholesterolemia (inherited condition that causes the body to poorly recycle LDL or bad cholesterol)

Notes:

If so, ask if you should be screened for Lp(a).

UNDERSTANDING MY NUMBER

Once you've been screened, ask your health care professional:

My Lp(a) number:

What does my Lp(a) number mean?

What level is considered to be high?

Does anything contribute to a high Lp(a) number?

Should I encourage my family members to get screened?

ASSESS MY HEART DISEASE RISK

Do you think I'm at risk for a heart attack or stroke?

What else contributes to my risk?

EXPLORE TREATMENTS

Although Lp(a) is not affected by lifestyle changes, it is still important to lower your overall risk of heart attack, stroke, and peripheral arterial disease.

What lifestyle changes can I make to lower my risk for heart disease?

What resources can help me learn more about Lp(a) and heart disease?

Remember if you have a high Lp(a), you didn't do anything to cause it, and now that you know, take control and reduce your overall heart disease risk! Learn more at heart.org/lpa