

Before you're screened:

4 tips for talking to your doctor about high Lp(a)

Lipoprotein(a) (also known as *Lp(a)* or "L-p-little a") is in your blood, made of fat (lipo) and protein. Your Lp(a) level is set by about age 5 and stays mostly the same for life. Having too much Lp(a) in the blood is "high Lp(a)" – a mostly inherited condition that runs in families and increases the risk of a heart attack and stroke earlier in life (55 for men, 65 for women). About 1 in 5 Americans have high Lp(a) and it's even more common in Black people.



1. Know what Lp(a) is and how to explain it.

- Lp(a) is in the blood and sticky. When there's too much in the blood it can clog arteries and raise the risk of a heart attack or stroke.



2. Share what you've heard and why you want to get tested.

For example:

- "I heard that about 1 in 5 people have high Lp(a) and it's more common among Black people."
- "I know that having high Lp(a) can increase my risk of having a heart attack and stroke, so I'd like to know my level."



3. Talk about your family's health history.

For example:

- "Someone in my family had a heart attack or stroke earlier in life, when they were _____ years old. Can I be tested for high Lp(a)?"
- Knowing your family history is important, especially for Black families, where heart disease risks can be higher. Sharing this with your doctor helps them understand your overall heart health.



4. Ask to get screened with a simple blood test.

- It's a quick and easy test, but it's not included in regular bloodwork—you'll need to ask for it to be added. Your doctor can order it using **CPT® code 83695**.^{*†}
- You can also find more information about testing at [WhatIsLpa.com](https://www.whatlsla.com).

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†The cost of the test varies.

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