



After you're screened:

# 4 key questions to ask your doctor if you have high Lp(a)

Learning that you have high lipoprotein(a) (also known as *Lp(a)* or "L-p-little-a") can be unexpected but you are not alone. About 1 in 5 Americans have high Lp(a), and it's even more common in the Black community. Start a conversation with your doctor by asking these four questions. The answers may help protect you and your family's heart health.

## 1. "My Lp(a) level is \_\_\_\_\_. What does this mean for my heart health?"

- If your Lp(a) level is above 125 nmol/L (or 50 mg/dL), it's considered high, which may raise your chances for having a heart attack or stroke earlier in life. Be sure to let your doctor know if you have a history in your family of heart attacks or strokes earlier in life.



## 2. "Should I change my diet, exercise, or medications?"

- While healthy habits like eating well and staying active won't lower Lp(a), they can still help protect your heart. Consult with your doctor before making any changes.

## 3. "How does having high Lp(a) affect my other heart-health goals?"

- Fill in the numbers below with your doctor and talk about your goals:

	Today:		My Goal
<b>Weight</b>		/ /	
<b>Blood Pressure</b>			
<b>LDL Cholesterol</b>			
<b>A1C</b>			
<b>Smoking or Vaping</b>	If you smoke or vape, talk about ways to quit.		

## 4. "What should I tell my family about high Lp(a)?"

- Share what you've learned. Since high Lp(a) is inherited and runs in families, tell them to talk to their doctor about getting tested. Help protect future generations. Learn more at [WhatIsLpa.com](https://www.whatislpa.com).

What other questions do you have? Write them down so you don't forget.

**Get more resources  
for your conversation.**

Scan here for [WhatIsLpa.com](https://www.whatislpa.com).



