

After you're screened:

4 QUESTIONS TO ASK YOUR DOCTOR ABOUT HIGH Lp(a)

Finding out you have high Lp(a) may come as a surprise, and it's okay to feel concerned. Now that you know you have this inherited heart risk, you can work with your doctor to create a plan. Use these questions to start a healthy conversation:

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

- Lp(a) levels above 125 nmol/L (50 mg/dL) are considered high.



2. "Should I be doing anything differently now (medications, exercise, diet)?"

- Never make changes in your medications without first consulting with your doctor.

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

- Fill out the numbers below and make a plan with your doctor.

	Today: <input type="text"/> / <input type="text"/> / <input type="text"/>	My Goal
Weight		
Blood Pressure		
LDL Cholesterol		

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

- Talk to your doctor about where your family can get screened. You can find more information about getting tested [here](#).

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

Get more resources
for your conversation

Visit FamilyHeart.org or
scan here for WhatIsLpa.com:

