

After you're screened:

4 TIPS FOR TALKING TO YOUR FAMILY ABOUT HIGH Lp(a)

So, you learned you have high Lp(a). Not only is it important to talk to your doctor, but because it's an inherited risk, telling your family matters, too. Come prepared with the information below to explain what your high Lp(a) could mean for your heart health and theirs.



1. Keep it simple when you explain what high Lp(a) is.

For example:

- "Lipoprotein (a) is also known as Lp(a) and pronounced L-p-little a."
- "It's a particle in your blood made up of fats (lipids) and protein that is 'sticky,' which means it can attach to artery walls and cause harmful blockages."



2. Have an open conversation with your family about your high Lp(a).

For example:

- "I was screened for high Lp(a) and it turns out I have it."



3. Give them the facts and tell them what this inherited heart risk means.

For example:

- "1 in 5 people can have high Lp(a). It's an inherited risk factor that can raise your chance of heart attack or stroke by 2 to 4 times."
- If your Lp(a) is high, it's still important to eat a heart-healthy diet, exercise, avoid smoking, get a good night's sleep, and maintain a healthy body weight. Even though these steps are unlikely to affect your Lp(a) level, they can help address other risks to a healthy heart.



4. Arm them with info to help them get screened, too.

For example:

- "Because I have it, you might, too, but the only way you'll know is by getting a simple blood test from your doctor. It isn't included in your routine bloodwork, so you'll need to ask to get screened, or **find places to get screened at [WhatIsLpa.com](https://www.whatlsla.com)**"

Get more resources
for your conversation

Visit [FamilyHeart.org](https://www.familyheart.org) or
scan here for [WhatIsLpa.com](https://www.whatlsla.com):

