



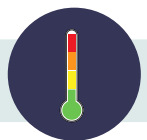
*A simple guide to help you talk with your doctor about your results.*

## 1. What Should I Know?

Finding out you have high lipoprotein(a), or Lp(a), can be surprising because it usually has no symptoms. You're not alone — about 1 in 5 people worldwide have high Lp(a). High Lp(a) may raise your risk of heart disease and stroke, but your overall risk depends on many factors, not just Lp(a). There are steps you can take to protect your heart and brain. While there isn't a medication yet made specifically to lower Lp(a), healthy habits and managing other risk factors can help. Because your Lp(a) is mostly inherited, it's a good idea for your close relatives to get tested too.

My Lp(a) level: \_\_\_\_\_

These questions can help guide your conversation with your health care professional during your visit.



### About My Risk

What does my Lp(a) level mean for my overall risk of heart disease or stroke?

\_\_\_\_\_

How do my other numbers (cholesterol, blood pressure, blood sugar) affect my risk?

\_\_\_\_\_

Should my parents, siblings, or children get tested?

\_\_\_\_\_

Could this be related to a family condition like familial hypercholesterolemia (FH)?

\_\_\_\_\_

Other:

\_\_\_\_\_



### About My Care Plan

What can I do now to lower my risk of heart disease and stroke?

\_\_\_\_\_

Do I need to start or change any medications?

\_\_\_\_\_

How will my heart health be tracked over time?

\_\_\_\_\_

Are there support groups or resources for people with high Lp(a)?

\_\_\_\_\_

Other:

\_\_\_\_\_

*(Use the back for notes from my visit — what to do, follow-up plans, family steps, goals, or reminders)*

**Understanding your Lp(a) level is an important step in caring for your heart.**



## My Next Steps

This space is for notes from today's visit



### What I learned today

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### My goals

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### Questions or reminders:

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### What I will do next

- Schedule a follow-up visit
- Get lab work or testing
- Talk with my doctor about my care plan
- Other: \_\_\_\_\_



### Family considerations

Who in my family may need testing or follow up?

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