

# Questions to Ask Your Doctor About **High Lipoprotein (a)**



**Getting diagnosed with high Lipoprotein (a) or Lp(a) can feel overwhelming. This sheet offers questions to guide your conversation with your doctor about your new diagnosis.**

## Assess Your Risk

A Lp(a) level greater than or equal to **50 mg/dL** (or  $\geq 125$  nmol/L) are considered to be high.

**My Lp(a) Number:** \_\_\_\_\_

- What does my Lp(a) level mean and how does having high Lp(a) affect my heart health?

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- Can elevated Lp(a) lead to heart disease or stroke, and if so, how can I reduce my risk?

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- Are high Lp(a) levels genetic? What other things can cause me to have high Lp(a)?

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- Should my close family members also get tested for Lp(a) since mine is high?

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## Explore Treatment Options

- What treatments are available for lowering my Lp(a)?

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- Does cholesterol-lowering medication lower my Lp(a) level?

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- What lifestyle changes can I make to help lower my Lp(a) level?

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- How will you monitor my overall heart health considering my high Lp(a) level?

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- When should I schedule my next screening to monitor my Lp(a) level?

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- Can you recommend any resources that will help me understand this diagnosis?

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**Remember if you have a high Lp(a), it's not your fault and you didn't do anything to cause it, and now that you know, you can take steps to reduce your heart disease risk.**

