

Before you're screened:

4 TIPS FOR ASKING YOUR DOCTOR ABOUT Lp(a)

Have you been screened for high Lp(a)? All it takes is a simple blood test to find out if you have a genetic risk for heart attack or stroke. Want to talk to your doctor about it? Get started with these tips.



1. Know what it is and how to pronounce it

- Lipoprotein (a) is also known as Lp(a) and pronounced “L-p-little a.”
- Lp(a) is 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. Tell your doctor what you've heard about Lp(a) and why you want to get tested

For example:

- “I heard 1 in 5 people can have high Lp(a).”
- “I know it may increase your chance of heart attack or stroke by 2 to 4 times.”



3. Make sure your doctor knows if heart attack or stroke is in your or your family's history

For example:

- “My _____ had a heart attack or stroke when they were _____ years old.”



4. Get screened with a simple blood test

- Your doctor can order the blood test for Lp(a) using the **CPT® code 83695.***

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