

# Talking to your doctor about your Lp(a) test results

You took an important first step toward better understanding your heart health—and your family’s—by getting tested for high Lp(a). Learning that you have high Lp(a), also known as *Lipoprotein (a)* or “L-P-little a,” can be surprising and unexpected, but you’re not alone. About 1 in 5 Americans have high Lp(a), and it’s even more common in Black and South Asian people.

High Lp(a) may increase your risk of having another heart attack or stroke in the future. Consider using these tips to work with your doctor to create a plan together for managing your overall heart health.

1

### Ask “What does my Lp(a) level mean for me?”

- If your Lp(a) level is equal to or above 125 nmol/L (or 50 mg/dL), it’s considered high. Ask how your result may impact your overall heart-health risk

2

### Ask “Should I be doing anything differently now (medications, exercise, diet)?”

- Do not make changes to your medications or diet without consulting with your doctor, and check with them before starting a new exercise program

3

### Ask “How might having high Lp(a) change my other heart-health goals?”

- Work with your doctor to set heart-health goals that are right for you. This chart can help you get started—but it might not cover everything

	Today __ / __ / __	My Goal
Weight		
Blood Pressure		
LDL Cholesterol		
A1C		
Smoking or Vaping	If you smoke or vape, talk about ways to quit.	

4

### Ask “If I have high Lp(a), should my family also get tested for high Lp(a)?”

- Since high Lp(a) may run in families, a high result for you could mean that other family members also have high Lp(a).

Bring this to your next appointment.  
Talk about high Lp(a) with your doctor.  
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