

3 tips to ask your doctor about Lp(a) testing

Lp(a), also known as *Lipoprotein (a)* or “L-P-little a,” is in your blood, made of fat (lipo) and protein. Your Lp(a) level is set by about age 5 and stays mostly the same for life. High Lp(a) in the blood can cause harmful blockages in the arteries. Having a high Lp(a) level may also increase your risk of a heart attack or stroke and the risk for another heart event in the future.

Want to talk to your doctor about getting tested? All you need is a simple Lp(a) blood test added to your blood work.

Get started with these tips and questions.



1. Ask: “Can you test my Lp(a) level?”

About 1 in 5 people have high Lp(a), and it is even more common in Black and South Asian individuals. It is especially important for people who have had a heart attack or stroke earlier in life (55 or younger for men; 65 or younger for women) to have their Lp(a) level checked.

You may want to share the **CPT* code for the Lp(a) blood test: 83695** to make it easier for your doctor to order the test.



2. Share: “Early heart attacks or stroke run in my family. Could high Lp(a) be part of the reason?”

Have any of these members of your family had a heart attack or stroke before the age of 55 (men) or 65 (women)?

☐ Mother ☐ Sibling ☐ Father ☐ Myself

Checked any of the above? This could be a sign that high Lp(a) may run in your family. Certain medical organizations recommend that you get tested.



3. Discuss: “I’ve heard high Lp(a) can be a driver of risk for an early heart attack or stroke. I’d like to know my number.”

Why is this important?

- If the test shows that your Lp(a) number is high, you can ask your doctor what steps you can take to manage your overall heart health

Get more resources for your conversation

Visit [WhatisLpa.com](https://www.whatisLpa.com) or scan here:



*CPT Copyright 2017 American Medical Association. All rights reserved.
CPT® is a registered trademark of the American Medical Association.



Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080

© 2025 Novartis

6/25

FA-11412560