

After you're screened:

4 tips for talking to your family if you have high Lp(a)

So, you found out you have high Lipoprotein(a) (also known as *Lp(a)* or "*L-p-little a*"). While it's important to work with your doctor, it's just as important to share this with your family. Because high Lp(a) runs in families, it's something that could affect their health, too. Use these tips to start an open and supportive conversation about what high Lp(a) means for your heart health—and theirs.



1. Keep it simple when explaining high Lp(a).

For example:

- "High Lipoprotein(a), or "*L-p-little a*" — is an inherited condition that can increase the risk of heart attacks and strokes. About 1 in 5 Americans have high Lp(a), and it's even more common in Black people. Knowing your Lp(a) level is especially important for protecting your heart health."



2. Have an honest conversation with your family.

For example:

- "I got tested for something called Lp(a), and I found out I have high levels. It's something that runs in families, and since heart attacks or strokes also run in our family, I wanted to talk to you about it because it could affect you, too."
- "We can't always feel or see what's going on inside, but knowing this gives us the power to take steps for a healthy heart."



3. Share the facts about what high Lp(a) means.

For example:

- "High Lp(a) increases the risk for a heart attack or stroke earlier in life (before age 55 for men; before age 65 for women)."
- "Taking these heart-healthy steps can help reduce your overall risk: Eating plenty of fruits and vegetables, grains, and lean proteins; being active; and not smoking. Also be sure to work with your doctor to manage your blood pressure, cholesterol, and diabetes."



4. Arm them with info to help them get screened, too.

For example:

- "Because I have high Lp(a), there's a chance you might have it, too. The only way to know is to get a simple blood test. It's not part of your regular check-up, so you'll need to ask your doctor for it. **You can also visit [WhatIsLpa.com](https://www.whatlspa.com) to learn more on how to get screened.**"

Get more resources
for your conversation.

Scan here for [WhatIsLpa.com](https://www.whatlspa.com).

