

# Lp(a) Communicating with Patients

## QUICK REFERENCE FOR HEALTH CARE PROFESSIONALS



### CLEAR, PATIENT-CENTERED LANGUAGE TO DISCUSS LP(A) RESULTS AND NEXT STEPS.

This guide helps healthcare professionals translate complex lab results into understandable information that empowers patients.



## How to Explain Lp(a) in Lay Terms

Simple messaging that resonates with patients and families.

### 01 WHAT IT IS:

*"Lp(a) is a type of cholesterol particle that runs in families. It's something you inherit, not something you caused."*

### 02 WHY IT MATTERS

*"If Lp(a) is high, it can raise your risk for heart disease or stroke, even if your other cholesterol levels look good."*

### 03 WHAT WE CAN DO

*"While we can't lower Lp(a) yet, we can lower your overall risk by treating LDL cholesterol, blood pressure, diabetes, and lifestyle factors."*

### 04 HOPE FOR THE FUTURE

*"New treatments are being tested that target Lp(a) directly, and may be available in the near future."*



### PATIENT IMPACT

- Helps patients understand why they need more intensive cholesterol and risk management.
- Provides rationale for early screening in family members.
- Reduces feelings of uncertainty by giving patients a clear explanation of risk.
- Connects patients to resources, clinical trials, and emerging therapies.

## KEY PATIENT QUESTIONS AND SUGGESTED RESPONSES

*“Did I do something to cause this?”*

→ “No, this is inherited. It’s not from diet or lifestyle.”

*“Can I lower it with diet or exercise?”*

→ No, but healthy habits are still very important for your overall heart health.”

*“Why test if we can’t treat it yet?”*

→ “Knowing your Lp(a) level tells us how aggressive we need to be with other risk factors. It helps us prevent heart attacks and strokes.”

*“Should my family be tested?”*

→ “Yes, because Lp(a) runs in families. If your level is high, your children, siblings, or parents may also have high Lp(a).”



EARLY DETECTION OF LP(A) PROVIDES AN OPPORTUNITY TO PREVENT LIFE-ALTERING CARDIOVASCULAR EVENTS AND IMPROVE LONG-TERM OUTCOMES.



## Take Action Today!

Screen for Lp(a) at least once in adulthood. Identify patients at higher risk and interpret results using standardized nmol/L units. Act early—optimize LDL-C, manage lifestyle factors, and refer complex cases to a lipid specialist. Early detection saves lives and prevents avoidable cardiovascular events.



### HEARTLIFE ACADEMY

For more information and education on Lp(a) please visit us at [heartlife.com/academy/](https://heartlife.com/academy/)



## HeartLife FOUNDATION

Canada's patient-led heart disease charity  
“It’s About Life, Not Failure™”



join us at [heartlife.com](https://heartlife.com)

## Our Mission

The HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with cardiovascular diseases by engaging, educating, and empowering a global community. We aim to create lasting solutions, drive innovation, and build healthier lives for patients, caregivers, and families worldwide.