

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.ca/academy/



HeartLife FOUNDATION

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



join us at heartlife.ca

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.