VITALS VAULT

FREE GUIDE

Lp(a): the one-time test

Lp(a) is a cholesterol-carrying particle. Your level is largely inherited and changes little with diet or exercise, so many clinicians measure it once. A standard cholesterol panel does not include it.

YOU MIGHT ASK ABOUT IT IF

- [ ] A close relative had heart disease or a stroke at a young age
- [ ] A family member has high Lp(a)
- [ ] You have heart disease despite normal cholesterol
- [ ] You have never had it measured

MY RESULT

Lp(a) value _____

Units used by my lab (mg/dL or nmol/L) _____

Date _____

ABOUT THE UNITS

Labs report Lp(a) in one of two units, and there is no exact conversion between them. Always note which one yours used.

QUESTIONS TO ASK

- [ ] Has my Lp(a) ever been measured?
- [ ] Does my result change how you read my other numbers?
- [ ] Should my relatives be tested?
- [ ] Which risk factors can I change?

Sources: General cardiology guidance on Lp(a) testing. Unit note from laboratory methodology.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com