

CARDIO CHAT PATIENT GUIDE

LIPIDS



What do my LDL, Lp(a), and other cholesterol numbers mean?

LDL ("bad" cholesterol) can contribute to plaque buildup in the arteries. Lp(a) is an inherited cholesterol particle that can increase heart disease risk. Ask your doctor what your numbers mean and what your personal goals should be.



How do cholesterol levels affect my risk of heart disease?

High LDL and Lp(a) can increase the risk of heart attack and stroke. Your overall risk depends on more than cholesterol alone, including your family history and other health factors.



When should I consider medication, and what treatments are available?

Lifestyle changes are important, but many people also need medication to reach their cholesterol goals. Statins are commonly used, with other treatments available when needed.



What lifestyle changes can make a difference?

Eat a heart-healthy diet, stay active, maintain a healthy weight, don't smoke, and prioritize sleep. Even small, sustainable changes can help improve your heart health.



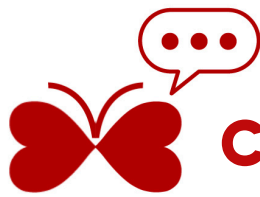
When should cholesterol or Lp(a) be tested in my family?

High cholesterol and Lp(a) can run in families. If you have very high cholesterol, elevated Lp(a), or a family history of early heart disease, talk with your doctor about testing your children and other family members.

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QUESTIONS TO ASK YOUR DOCTOR

- ☐ What is my LDL cholesterol, and what should my goal be?
- ☐ Have I ever been tested for Lp(a)?
- ☐ What is my overall risk for cardiovascular disease?
- ☐ Should I consider cholesterol-lowering medication?
- ☐ Does my family history suggest that my children or other family members should be tested?

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