

## “Runs in the family” is not a diagnosis.

A genetic cholesterol disorder  
may be the cause.



### Doctor Discussion Guide

- 1) **Share your family history of cardiovascular disease with your doctor.**
- 2) **Find out what your cholesterol levels are.\***  
Total Cholesterol \_\_\_\_\_ LDL \_\_\_\_\_ HDL \_\_\_\_\_ Triglycerides \_\_\_\_\_
- 3) **If your LDL cholesterol level is above 190 mg/dL and you have a family history of cardiovascular disease, discuss the possibility of having Familial Hypercholesterolemia.**
- 4) **Find out what your Lipoprotein(a) level is. If you have not had your Lipoprotein(a) checked yet, you can request this simple blood test.\***  
Lipoprotein(a) \_\_\_\_\_
- 5) **Make sure your physician isn't basing your risk on an ASCVD calculator if you have a genetic lipid disorder. The ASCVD Risk calculator does not apply if your LDL is over 190 mg/dL, which is considered “severe hypercholesterolemia” and may indicate Familial Hypercholesterolemia.**
- 6) **Discuss what can be done to lower your risk of early heart disease or stroke.**

*\*Visit [www.familyheart.org/lipid-testing](http://www.familyheart.org/lipid-testing) to understand your lab results.*

### **Did you know?**

Familial Hypercholesterolemia (FH) and high Lipoprotein(a) are two common genetic disorders that can cause premature heart disease or stroke.

Most people with FH are not diagnosed and very few people have their Lipoprotein(a) checked.

A simple blood test and a family history can indicate if a person has FH, high Lipoprotein(a), or both.

If a person has FH and/or high Lipoprotein(a), it is important to tell other family members so they can get checked too.

There are safe and effective treatments available to lower risk for heart disease and stroke.

The Family Heart Foundation is committed to saving more generations of families from heart disease. **To learn more, visit [morefamiliesmorehearts.org](http://morefamiliesmorehearts.org).**