

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

If heart disease or stroke run in your family, a genetic cholesterol disorder may be the cause.



Real family living with FH and high Lp(a)

### Does Heart Disease Run in My Family?

Many of us have been told that heart disease or stroke runs in our family, but that is not a diagnosis. Hidden causes of early heart disease, like genetic cholesterol disorders, are very common. But they are frequently missed, leaving entire families at high risk of early heart disease, and even death.

A first step to understanding if you have a genetic condition is to have a conversation with your family and answer the five questions below. This could also help you save more family members from heart disease or stroke.

### Family History Checklist

1) **Has anyone in our family experienced an early heart attack or stroke (before age 55 in men or before age 60 in women)?**

Yes  No  Don't Know If yes:  Mom's Side  Dad's Side  Other \_\_\_\_\_

2) **Has anyone in our family had an early stent or bypass surgery or aortic valve replacement?**

Yes  No  Don't Know If yes:  Mom's Side  Dad's Side  Other \_\_\_\_\_

3) **Has anyone in our family been diagnosed with blockages in the arteries of their heart (coronary artery), or their neck (carotid artery), or their legs (peripheral artery)?**

Yes  No  Don't Know If yes:  Mom's Side  Dad's Side  Other \_\_\_\_\_

4) **Have we lost a family member to any of the above?**

Yes  No  Don't Know If yes:  Mom's Side  Dad's Side  Other \_\_\_\_\_

5) **Has anyone in the family been diagnosed with high cholesterol\* or high Lipoprotein(a)\*\*?**

Yes  No  Don't Know If yes:  Mom's Side  Dad's Side  Other \_\_\_\_\_

\* LDL cholesterol greater than 160 mg/dL in children and LDL cholesterol greater than 190 mg/dL in adults

\*\* Lipoprotein(a) levels greater than 50 mg/dL or 125 nmol/L

If you answered yes to one or more of these questions you deserve to know why heart disease or stroke runs in your family. Take our Doctor Discussion Guide to your next appointment and **visit [morefamiliesmorehearts.org](http://morefamiliesmorehearts.org) to learn more.**