American Heart Association.

# Discover Lp(a): A CLINICIAN'S PLAYBOOK

## For Lipoprotein(a) Testing



# TABLE OF CONTENTS


**INTRODUCTION . . . . . 1**

**LAYING THE GROUNDWORK . . . . . 2**

- Identify & Manage Lp(a) Free Access Online E-Module
- Understanding Lp(a): A Key to Comprehensive Risk Assessment
- Clinicians' Guide to Frequently Asked Questions About Lipoprotein(a) Testing
- The ABCs of Lipoprotein(a): What Researchers and Clinicians Need to Know
- The Importance of Lp(a) Testing
- A Clinician-to-Clinician Conversation

**GAMEDAY STRATEGIES. . . . . 5**

- Measuring, Managing and Mitigating Risk
- Challenges in Testing and Opportunities in Care
- Lp(a) in Women's Health: The Missing Piece in Residual Cardiovascular Risk
- Lipoprotein(a) and 2026 ACC/AHA Guideline on the Management of Dyslipidemia
- Cardiology and Neurology Perspectives
- Women's Health and Cardiovascular Disease

**WINNING WITH PATIENTS . . . . . 8**

- An All-Pro Roster of Patient Resources

**EXTRA POINTS . . . . . 9**

- Lipoprotein(a) Gamified Knowledge Checks

# INTRODUCTION

## Okay team, let's huddle up...

This isn't just another day in the clinic, this is our moment to make an impact. Every patient who walks through those doors is counting on us to bring our best, and this playbook gives us the strategies to rise to the challenge.

Now more than ever, the opportunity is clear. The updated 2026 ACC/AHA Guideline on the Management of Dyslipidemia recommends that Lp(a) be measured at least once in all adults, making it a critical part of how we assess cardiovascular risk and deliver better care.

Lp(a) testing has the power to change outcomes. Too often, hidden risks give heart disease and stroke the advantage. But not here. Not with us. We have the knowledge, the tools, and the game plan to take control and shift the odds in our patients' favor.

You're not just clinicians — you're the leaders, the decision-makers, the ones who set the tone for care. Every test you order, every patient you guide, every conversation you start is a step forward. And when we put it all together, that is how we create wins for our patients and our communities.

So use this playbook. Learn the strategies, take them back to your teams, and put them into action. Because today, we're not just running clinics. We're driving a new game plan for heart health.

So let's get out there and make it count!

— Coach Lp(a)

# 01 LAYING THE GROUNDWORK

**Strong teams start with preparation.** This is where we build the foundation, sharpen our understanding, and make sure everyone is aligned. With a solid start, we set ourselves up for success in every encounter that follows.

## Identify & Manage Lp(a) Free Access Online E-Module

A 55-minute, self-paced online course for healthcare professionals introducing Lp(a) as an emerging risk factor for ASCVD. The module reviews guideline recommendations, highlights populations disproportionately affected and explains how Lp(a) contributes to heart disease and stroke. Learners will gain practical knowledge on testing, interpreting results, and management strategies to improve outcomes across care settings.

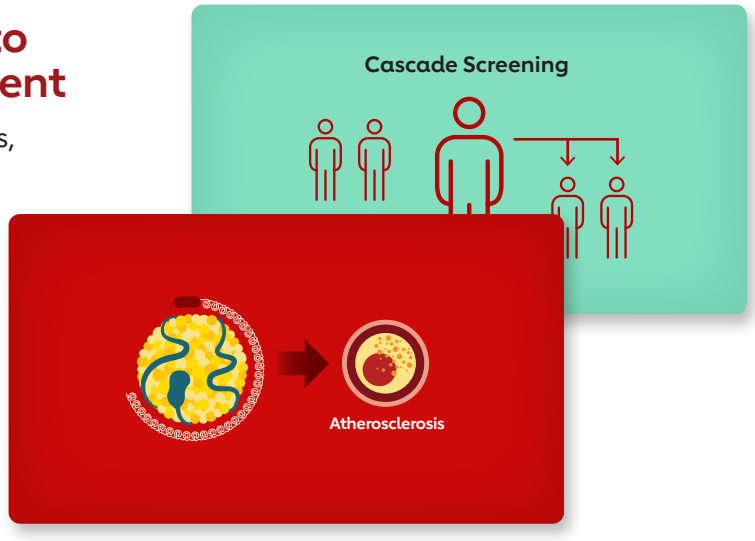
SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!




## Understanding Lp(a): A Key to Comprehensive Risk Assessment

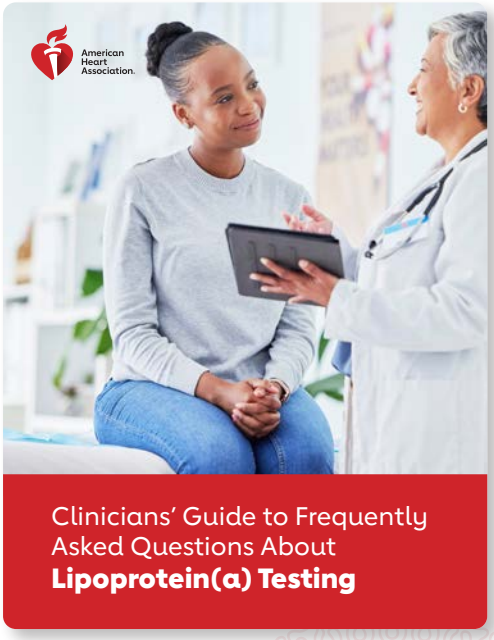
This video explains what Lp(a) is, why it matters, and what steps you can take to learn your levels and protect your heart health.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



## Clinicians' Guide to Frequently Asked Questions About Lipoprotein(a) Testing

This Clinicians' Guide to Frequently Asked Questions About Lipoprotein(a) Testing outlines the importance of identifying high Lp(a), a genetic risk factor that affects 20–30% of people worldwide and significantly increases the likelihood of heart attack, stroke, and aortic stenosis. Designed to support healthcare clinicians, the guide explains who should be tested, how to discuss results with patients, and the role of cascade screening for family members. It also addresses patient concerns around costs, insurance coverage, and treatment options, emphasizing that while no direct therapies currently exist, overall cardiovascular risk can be managed through lifestyle changes and LDL-lowering therapies. With clear answers to common patient questions, this resource helps clinicians guide prevention, reduce anxiety, and support shared decision-making. As future therapies emerge, this guide equips clinicians to integrate Lp(a) testing into practice and enhance cardiovascular care outcomes across care settings.




SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!

## The ABCs of Lipoprotein(a): What Researchers and Clinicians Need to Know

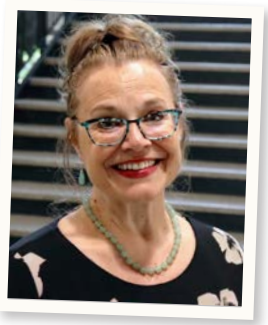
This webinar provides a scientific foundation for understanding Lp(a). Dr. Marlys Koschinsky explains its unique structure, genetic inheritance, and role as a powerful driver of cardiovascular disease. She describes how Lp(a) promotes inflammation and clotting, making it an especially important factor for both atherosclerosis and aortic valve disease. By reviewing global prevalence and the latest scientific findings, Dr. Koschinsky sets the stage for why awareness and testing are so critical. The session is especially valuable for clinicians who want a deeper grasp of the biology behind this under-recognized risk factor.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

"Lp(a) is pro-atherogenic, pro-thrombotic, and pro-inflammatory, making it one of the most important genetic risk factors for cardiovascular disease."

*— Dr. Marlys Koschinsky*



## The Importance of Lp(a) Testing

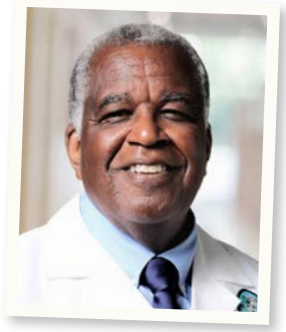
This webinar delivers a strong call to action from Dr. Keith Ferdinand, a nationally recognized leader in cardiology. Using both patient stories and clinical evidence, Dr. Ferdinand demonstrates how high Lp(a) is often underrecognized and underdiagnosed, especially among Black and South Asian populations where prevalence is highest. He argues that even without direct therapies, measuring Lp(a) empowers clinicians to act by intensifying LDL management, counseling patients, and encouraging participation in clinical trials. His message is clear: waiting for new drugs is not an option, and clinicians have the tools right now to save lives.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

"We do not have specific treatment for lipoprotein(a), but not knowing it is not beneficial to the patient — measuring Lp(a) gives us the power to act now."

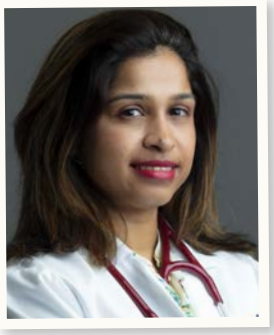
*— Dr. Keith Ferdinand*



## A Clinician-to-Clinician Conversation

This podcast episode pairs two unique perspectives: a community health champion and an academic cardiologist. Dr. Reema Menezes discusses her work at Bay Area Community Health, sharing how she integrates Lp(a) testing into primary care. Dr. Kaavya Parachuri of Massachusetts General Hospital adds a specialty lens, explaining how she interprets test results and uses them to guide prevention strategies. Together, they illustrate how Lp(a) awareness can be applied both in everyday practice and in advanced cardiology settings, offering listeners real-world strategies for expanding testing and engaging patients.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



*Dr. Reema Menezes*



*Dr. Kaavya Paruchuri*

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

"Lp(a) is the canary in the coal mine — a warning sign that should motivate patients and providers to intensify cardiovascular prevention now."

*— Dr. Kaavya Paruchuri*

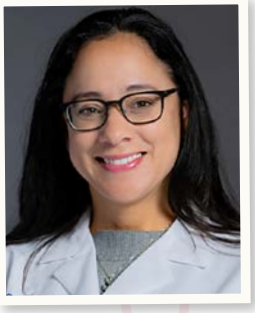
# 02 GAMEDAY STRATEGIES

**This is where planning meets execution.** Here you will find practical approaches that turn knowledge into action. Clear, confident steps that keep momentum going and move us closer to better outcomes for every patient we serve.

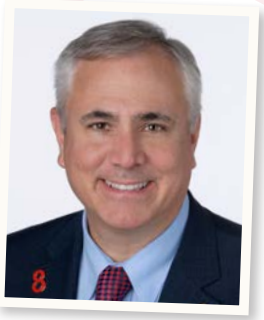
## Measuring, Managing and Mitigating Risk

In recognition of Lp(a) Awareness Day, this webinar brings together science and practice. Dr. Gisette Reyes-Soffer reviews the latest evidence on Lp(a)'s biology and genetics, showing why it is an independent, inherited risk factor that deserves clinical attention. She emphasizes how Lp(a) risk can remain hidden in patients who otherwise appear low-risk based on standard cholesterol measures. Dr. Donald Lloyd-Jones builds on this by outlining how clinicians can act now, including the use of PREVENT risk equations, LDL and ApoB reduction, lifestyle counseling, and family-based prevention. The session balances cutting-edge science with actionable strategies for patient care.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



*Dr. Gisette Reyes-Soffer*



*Dr. Donald Lloyd-Jones*

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

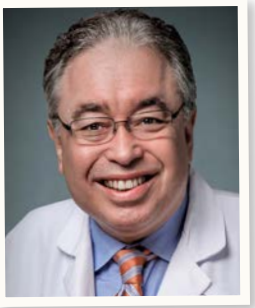
"DNA is not destiny — Lp(a) may be genetic, but managing LDL, lifestyle, and family risk makes it actionable today."

*— Dr. Donald Lloyd-Jones*

## Challenges in Testing and Opportunities in Care

This session focuses on the challenges and opportunities in Lp(a) testing. Dr. Leslie Donato from Mayo Clinic explains why prevalence is so high and why one simple, once-in-a-lifetime test can identify at-risk patients who would otherwise be missed. She underscores barriers in current testing practices and why clinicians need to increase awareness. Dr. Howard Weintraub from NYU Langone complements this with a practical look at patient care, discussing how to manage high Lp(a) by addressing other modifiable risks, maximizing LDL reduction, and preparing for future therapies currently in development.Together, they highlight how clinicians can act today to improve care while anticipating what's ahead.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



*Dr. Howard Weintraub*



*Dr. Leslie Donato*

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

"Every clinician should know: Lp(a) is common, measurable, and actionable — one test can change a patient's life and their family's future."

*— Dr. Howard Weintraub*

## Lp(a) in Women's Health: The Missing Piece in Residual Cardiovascular Risk

This webinar explores the important role of lipoprotein(a), or Lp(a), as an often overlooked risk factor for cardiovascular disease in women. Dr. Stephanie Saucier and Dr. Hilary Wagner discuss the latest evidence on sex-specific differences in Lp(a), current screening recommendations, and practical strategies for identifying and managing patients at increased risk. Through expert presentations and case-based learning, attendees gain actionable guidance on incorporating the 2026 ACC/AHA Guideline on the Management of Dyslipidemia into clinical practice. The speakers also examine the effects of menopause, family history, and aggressive risk reduction while highlighting emerging therapies currently in clinical trials. Participants leave with practical tools to improve Lp(a) awareness, screening, and patient care.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



*Dr. Stephanie Saucier*



*Dr. Hilary Wagner*

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

"We want to remind patients that Lp(a) is predominately genetic and it's not their fault." — *Dr. Stephanie Saucier*

## Lipoprotein(a) and 2026 ACC/AHA Guideline on the Management of Dyslipidemia

Explore the latest recommendations for Lp(a) screening and management in this timely webinar featuring Dr. Donald Lloyd-Jones and Dr. Frank Qian. Dr. Lloyd-Jones provides an in-depth overview of the newly released 2026 ACC/AHA Guideline on the Management of Dyslipidemia, explaining the science behind Lp(a), the rationale for once-in-a-lifetime screening for all adults, and how high Lp(a) levels should influence cardiovascular risk assessment and prevention strategies. Building on this foundation, Dr. Qian brings the guideline to life through interactive patient cases that demonstrate how clinicians can incorporate Lp(a) testing into real-world practice, personalize treatment decisions, and engage patients in shared decision-making. Together, they offer practical, evidence-based guidance that helps clinicians confidently translate the newest recommendations into routine cardiovascular care.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



*Dr. Frank Qian*



*Dr. Donald Lloyd-Jones*

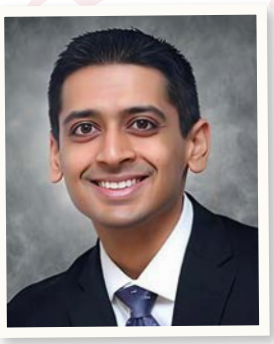
**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

"The risks associated with Lp(a) are real, and it is important to measure it." — *Dr. Donald Lloyd-Jones*

## Cardiology and Neurology Perspectives

This cross-specialty conversation offers unique insights from both cardiology and neurology. Dr. Nishant Shah emphasizes how Lp(a) testing can reclassify cardiovascular risk, drive cascade screening, and guide aggressive prevention even before a major event occurs. Dr. Nada El Husseini brings the neurology perspective, highlighting research that links high Lp(a) with stroke, including pediatric stroke, and discussing how it intersects with conditions like kidney disease and menopause. Together, they call for broader screening and a stronger focus on implementation, while pointing out that current testing rates remain far too low. Their combined perspectives make a powerful case for why Lp(a)awareness must extend beyond cardiology alone.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



*Dr. Nishant Shah*



*Dr. Nada El Husseini*

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

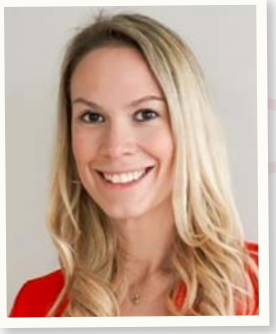
"Testing for Lp(a) is extraordinarily low—yet identifying it can reclassify risk, guide cascade screening, and save lives."

*— Dr. Nishant Shah*

## Women's Health and Cardiovascular Disease

This episode of the Lp(a) Discovery podcast series shines a spotlight on women's heart health. Dr. Stephanie Saucier explores how Lp(a) uniquely affects women across their lifespan, from pregnancy to post-menopause, and its connection to conditions such as preeclampsia. Dr. Antonio Fernandez emphasizes the importance of every woman knowing her Lp(a) level and explains how cascade screening can protect families across generations. The discussion highlights how gender and life stage influence cardiovascular risk, highlighting the need for tailored prevention strategies. It gives clinicians concrete ways to start conversations with female patients and ensure that women are not overlooked in Lp(a) care.

SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



*Dr. Stephanie Saucier*



*Dr. Antonio Fernandez*

**★ ★ ★ ALL-STAR QUOTE ★ ★ ★**

"Heart disease is the number one killer of women—and knowing Lp(a) levels is critical to protecting them across their lifespan."

*— Dr. Stephanie Saucier*

# 03 WINNING WITH PATIENTS

**At the heart of it all** are the people we care for. This section is about building trust, guiding conversations, and empowering patients with understanding. When patients feel informed and supported, progress becomes possible.

## An All-Pro Roster of Patient Resources

This collection of resources is designed to empower patients and families with knowledge about Lipoprotein(a), what it is, why it matters, and how to take action. From understanding the basics of Lp(a) and its genetic risks to learning which tests to ask for, preparing thoughtful questions for healthcare visits, and addressing common myths, each tool builds confidence and supports informed decisions. The materials also highlight the importance of cascade screening, encouraging family members to get tested and take proactive steps to protect their heart health. Together, these resources ensure that patients are not only aware of their risk but also equipped with the right information to work with their doctors, reduce overall cardiovascular risk, and safeguard their future.







SCAN CODE OR **CLICK HERE** TO SEE THE PLAY-BY-PLAY!



### ★ ★ ★ ALL-STAR QUOTE ★ ★ ★

"I now know that lipoprotein(a) is a silent risk health factor and that I need to be proactive. Having a high Lp(a) test is a wake-up call. I advocate for people to learn more about this test to see if they are at risk while there is still time to do something to help mitigate the risk."

*— Verónica Sánchez*

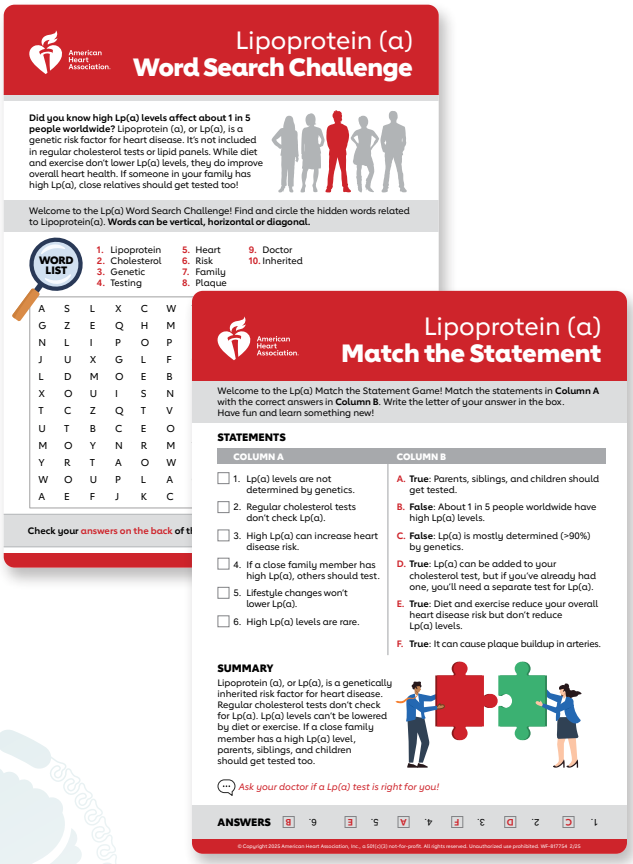
SCAN CODE OR **CLICK HERE** TO READ VERÓNICA'S Lp(a) STORY

# 04 EXTRA POINTS

**Learning works best when it inspires action.** These resources bring energy and creativity to patient education, helping them stay engaged and motivated. When patients join the process, real change happens.

## Lipoprotein(a) Gamified Knowledge Checks

This set of interactive tools makes learning about Lipoprotein(a) both fun and memorable. Through activities like a word search, fact check quiz, and a matching game, patients and families can test their knowledge while discovering essential information about Lp(a). The games reinforce key lessons, including that Lp(a) is a genetic risk factor for heart disease, it is not measured in routine cholesterol tests, the 2026 ACC/AHA Guideline on the Management of Dyslipidemia recommends Lp(a) testing at least once in adulthood, and family members should be screened when elevated Lp(a) is identified in the family. These activities are designed to spark curiosity, encourage conversation, and build awareness, giving patients of all ages an engaging way to understand their heart health.




**SCAN CODE TO SEE THE PLAY-BY-PLAY!**

American Heart Association.

# A WINNING GAME PLAN FOR




# SUCCESS

NOVARTIS

Novartis Pharmaceuticals Corporation is proud to support the American Heart Association's Lp(a) Community Health Centers Discovery Project.

© Copyright 2026, American Heart Association, Inc., a 501(c)(3) not-for-profit. Unauthorized use prohibited.