



Cholesterol & Heart Risk Lab Conversation Card™

Use these questions to discuss your cholesterol pattern and overall cardiovascular risk.

Markers You May Hear About



LDL-C



HDL-C



Triglycerides



ApoB



Lipoprotein(a)

Not every person needs every marker. Testing should reflect your history and risk factors.

1 Understand the Pattern



- ☐ What stands out in my lipid results?
- ☐ How do the markers fit together?
- ☐ How do they compare with my previous results?
- ☐ Could anything have temporarily affected them?

2 Add Personal Risk



- ☐ How do age and menopause stage affect the picture?
- ☐ Does my family history change your concern?
- ☐ How do blood pressure and blood sugar factor in?
- ☐ Do smoking, kidney disease or inflammation matter?

3 Ask About Additional Markers



- ☐ Would ApoB add useful information for me?
- ☐ Should lipoprotein(a) be checked?
- ☐ Would another test change the plan?
- ☐ Are there markers I do not need right now?

4 Clarify the Plan



- ☐ What is the most important next step?
- ☐ When should these labs be repeated?
- ☐ What changes would have the greatest benefit?
- ☐ How will we monitor whether the plan is working?

My Results & Questions

Date: _____ LDL-C: _____ HDL-C: _____
 Triglycerides: _____ Other: _____
 What I most want to ask: _____



Gentle Reminder

Cholesterol is one part of heart risk. Your healthcare provider can interpret it alongside your history, blood pressure, blood sugar and other factors.

Martine's Midlife Wellness Tip

Bring earlier lipid results if you have them.
 Seeing how the pattern has changed can make the conversation more useful.