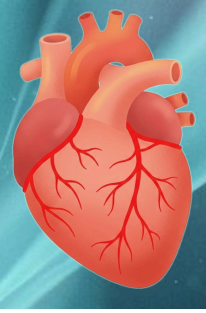
BRING TO YOUR VISIT

My family *heart history*

Early means before 55 in men and before 60 in women. Ask relatives, then bring this to your clinician.



RELATIVE	HEART ATTACK, STENT OR BYPASS (AGE)	STROKE (AGE)	HIGH CHOLESTEROL OR LDL 190+	HIGH LP(A) OR FH
Mother				
Father				
Brother or sister				
Brother or sister				
Brother or sister				
Child				
Child				
Grandparent				
Grandparent				
Grandparent				
Grandparent				

Why it matters

Familial hypercholesterolemia (FH)
Each child of a parent with FH has a 50% chance of inheriting it. It affects about 1 in 250 to 1 in 313 people.

Lp(a)
Mostly set by your genes. If one relative has a high Lp(a), others are worth testing once.

Early heart disease definition and FH inheritance from the EAS consensus (Eur Heart J 2013) and our FH guide; Lp(a) testing from the 2026 ACC/AHA guideline. Precision cardiovascular prevention. Educational only, not medical advice; your clinician sets your plan.