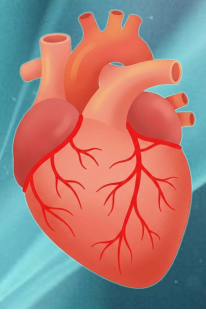
KEEP WITH YOUR RECORDS

My cholesterol *lab record*

Write each result here so you and your clinician can see the trend. Keep it private if you prefer.



DATE	LDL	NON-HDL	APOB	HDL	TRIG.	MEDICINE AND DOSE

Lp(a): once in a lifetime
Date _____ Result _____

When to recheck
4 to 12 weeks after starting or changing a medicine, then every 3 to 12 months once steady.

Recheck timing from US guideline practice; Lp(a) once in adulthood per the 2026 ACC/AHA guideline. Precision cardiovascular prevention. Educational only, not medical advice; your clinician sets your plan.