

# Blood Chem Dyslipidemia Action Steps

1. Download and/or print out the dyslipidemia treatment matrix handout to use as a reference.
2. Practice explaining to a patient, a colleague, a friend, or a family member the key concept that the number of lipoproteins in the blood is more important than the amount of cholesterol and LDL particles. For example, you can practice using the analogy presented this week where the bloodstream is a highway, the lipoproteins are the cars that carry the cholesterol and fats around the body, and cholesterol and fats are the passengers in the car.
3. Consider the three testing options discussed this week (and copied below). Choose from these options what testing you want to be able to order for your patients, and update your electronic medical record so that you have this testing available for your patients.
  1. True Health Diagnostics\* panel, which contains both LDL-P and Lp(a)-P.
  2. Add the NMR LipoProfile plus lipoprotein(a) to your case review blood panel. The NMR is \$65 through Professional Co-op, and lipoprotein(a) is \$19. However, LabCorp and Quest don't offer Lp(a)-P, or particle number in nanomoles per liter.
  3. The third option would be to do the True Health Diagnostics\* panel or NMR plus Lp(a) as follow-up tests for patients whom you identify as moderate to high risk during the case review.

**\* Note:** *True Health Diagnostics is no longer in business. See [this post](#) for the latest alternatives.*