



LAFAYETTE

POLICE



Lafayette Police Department, Lafayette, Indiana

Officer Wellness

Destination Zero, 2023





Letter From the Chief

The Greater Lafayette community deserves the best efforts by public safety leadership to create a thriving and welcoming community. The cooperation of the area leaders in all aspects of government, industry, private business, and citizenry enhances the quality of life in the Greater Lafayette community.

It is our job to earn the respect of community members and work to develop relationships. We must give our best efforts as we provide public safety support to the public. But, it is all our responsibility as a community to focus and work together for Greater Lafayette.

Our fundamental responsibility as police leaders is to recruit candidates of the highest character and integrity, those that will represent the community with the moral fortitude required of public servants. Once we have selected the best officers, we must invest in them. This requires an unwavering commitment to outfitting them with the best safety equipment and technology, then training them to the highest standards in law enforcement.

The Lafayette Police Department has a proud tradition of being a local and state leader in law enforcement. This submission highlights the many programs our agency utilizes to push our department to the forefront of policing. We have demonstrated a willingness to lead from the front by pioneering new training and technology methodologies.

In 2023 we will move into a new, state-of-the-art policing facility. Our community's \$55 million investment will set our agency up for success for the next thirty years. While this facility is an essential piece of our public safety investment, it should be noted that it was designed and built from the ground up with the officer in mind. It was intentional, based on a straightforward question; How can we provide a facility that enhances our greatest resource? Our people!

On behalf of the Lafayette Police Department, I thank you in advance for your time and consideration.

Scott D. Galloway
Chief of Police
Lafayette Police Department

Background, History, and Purpose

The City of Lafayette, Indiana, is a thriving community located in Tippecanoe County. According to the U.S. Census Bureau, the population of Lafayette was estimated to be 74,545 people in 2020. Lafayette is also home to Purdue University, a world-renowned institution of higher learning.

Adjacent to Lafayette is the City of West Lafayette, also in Tippecanoe County. West Lafayette has a population of approximately 47,000 people and is home to Purdue University's main campus, which has recorded record enrollments of 50k students, and growing!

Lafayette has received national recognition as a great place to live. U.S. News and World Report ranked Lafayette as the 51st best place to live in the United States in 2021. Other publications, such as Forbes and Livability.com, have recognized Lafayette's quality of life and economic opportunities.

The presence of Purdue University, one of the top public universities in the country, has contributed to the growth and success of the Lafayette community. The university employs thousands of people and attracts students and researchers from all over the world. Lafayette's economy is diverse and includes healthcare, manufacturing, and agriculture.

Lafayette, Indiana, is a vibrant community offering residents a high quality of life and world-class educational and economic opportunities. This also presents challenges to public safety, as Tippecanoe County is the largest metropolitan area between Indianapolis and Chicago. The City of Lafayette houses all major medical facilities, social programs, major shopping malls, and other essential amenities that significantly grow the population during peak hours.

About one hundred years ago, in 1913, the population was about 21,000. The police department, established in 1825, has grown from a handful of men on horseback to 152 Sworn Officers and nearly 50 civilian employees, all doing the vital work of public safety. Today, the population is over seventy thousand and growing, with the metropolitan area over two-hundred and twenty-five thousand. Tippecanoe County continues to be one of the fast-growing counties in the state, and Lafayette - According to the Wall Street Journal and Realtor.com's "Fall 2022 Emerging Housing Markets Index Report," Lafayette and West Lafayette have ranked sixth in the nation for homebuyers. We feel this is an excellent problem to have!

The Lafayette Police Department has continued to grow and adapt to changes in infrastructure, population, growth, and evolving styles of policing. It is divided into four divisions: Patrol, Administrative Services, Investigations, and Operations. Patrol is the largest of the divisions and the backbone of the product that the Lafayette Police Department provides to the community. Patrol also oversees specialty units such as SWAT, Crisis Negotiations Team, K-9 Unit, Bike Patrol, and the Mobile Field Force Unit. Investigations include Criminal and Juvenile Detectives. Administrative Services include training, hiring, internal affairs, and community outreach. Operations encompass Communications/Dispatch, Traffic Unit, Street Crimes Unit, Drug Task

Force, the Analysis and Response Center, Highway Interdiction Team, Crime Analysis Unit, and two IDACS/NCIC Compliance Civilians.

As Chief of Police, I aimed to create an environment where citizens could move freely about the city without fearing crime or victimization. To accomplish this, we must first ensure that we are hiring candidates with the character, integrity, and grit to do the difficult work of policing. Once hired, we must equip them with the best technology, weapons (lethal and non-lethal), safety equipment, and materials to ensure their success. But more importantly, our responsibility is to train them continually so that they can flourish throughout their careers. Our highest priority is to hire them healthy, retire them healthy, and maximize the impact they can have on our community during their time of service.



General Officer Safety Begins on Day One

The Lafayette Police Department emphasizes training beginning on Day One. We celebrate the accomplishment of being sworn into the police department with a ceremony conducted in City Hall. The Mayor of Lafayette, a retired Police Captain, attends every swearing-in ceremony and proffers the Oath of Office. The new officers are encouraged to invite their families and loved ones to join them at this official ceremony.

After the ceremony concludes, we offer a guided tour of our police department and training center to the newly elected officers and their loved ones. Following the tour, all attendees are cordially invited to a sponsored luncheon organized by the Lafayette Police Foundation. This foundation, which we will delve into further later, has been a

reliable supporter of our department for some time now. During the luncheon, one of our police chaplains provides a presentation to the group. ***Our department has maintained a strong police chaplain program since the 1990s***, and we generally have around 10 to 15 chaplains volunteering their time to work with us every year.

One of our chaplains, Dr. Will Miller, is a psychologist and professor at Purdue University and a well-known comedian and national radio personality. This unique combination of expertise offers a rare opportunity for him to educate families about the challenges their loved ones will encounter as they embark on their law enforcement careers. As part of his presentation, each family member is given a copy of Dr. Kevin Gilmartin's book, "Emotional Survival for Law Enforcement," which addresses the science of Hypervigilance and the potential difficulties that officers may face throughout their careers. Dr. Miller explains the science in a powerful, humorous, way that always impacts the new officers and their loved ones.

On day one, we commence with this presentation to establish the expectations for the families and help them comprehend the stress and traumas that police officers could encounter during their service.

The state of Indiana requires that all new police officers attend the Basic Law Enforcement Academy within their first year of employment. Before they can engage in any police activity, they must first complete a 40-hour pre-basic course. This course covers constitutional law, officer safety, and the essential elements of patrol work.

At the Lafayette Police Department, we conduct an 8-week in-house new officer training program. This is done in preparation for phase one of their field training officer program. In this training regiment, we set the foundation for expectations for their career. This includes training on policy, law, and standard operating procedures and psychomotor skills such as firearms training, defensive tactics and ground fighting, E.V.O.C. Driving, and others. At the foundation of all of these skills is physical fitness.

Each recruit officer, as part of their recruit training, is required to participate in physical fitness and ground fighting training as part of their in-house training. We want to set the tone immediately that fitness and competence build confidence, which leads to a healthier and happy officer.

During this first year, all recruit officers must complete the Indiana Law Enforcement Academy and all four phases of the field training officer program before they are released for solo patrol.

Our goal at L.P.D. is to have everyone certified as a ***Crisis Intervention Team officer***. We partner with N.A.M.I. and have staff participate as instructors. Turnover and staff availability during COVID have limited availability, but historically we have averaged over 80% of our officers as C.I.T. certified.



Officer Tobias Bushong of Lafayette PD, 2020 NAMI C.I.T. Officer of the Year Award

Officer Wellness

Officer safety and Wellness has been a passion of mine for most of my career. I was very fortunate at an early stage to discover the power of nutrition and how it impacted performance. While preparing to take the fitness test for our swat team I embarked on a physical fitness and nutrition program. This was in 1996. To make a long story short, I read the book, *The Zone Diet*, by Dr. Barry Sears. In this book, I discovered the impact of nutrition on overall health and performance.

Before reading this book, I was on a program that recommended that 60% of calories consumed come from carbohydrates, 25% from fat, and 15% from protein. Not long after embarking on this nutrition program, I began losing sleep. I started this program while working the midnight shift. I woke up early and had difficulty falling back to sleep because of severe hunger pangs. I became discouraged because I was disciplined in my approach, but my outcomes were counterproductive. Not only was my fitness suffering, I felt that my overall well-being was declining due to a lack of sleep. Little did I know then that this would lead me on a path to discovery that would change how I approached fitness and Wellness and the programs we eventually designed and offered to our police officers.

Attached with this submission is a comprehensive program that is a subsequent byproduct of our early work in Wellness at the Lafayette Police Department. During this time, I learned several fundamental lessons. Perhaps the biggest overall was the power of nutrition and fitness on overall Wellness and performance, not just from a physical capacity perspective but, more importantly, from a disease risk reduction factor. In short, we ultimately become what we eat. Just like a computer and data, garbage in, garbage out.

Here is how it happened. After changing to the zone nutrition protocols, I immediately began sleeping better than in months. In the immediate three months following my changes in nutrition, here were the results I experienced. Granted, this is an N-of-1 experiment. It should be noted my physical fitness routine did not change. The only changes I made were in my nutrition protocols.

My weight went from 175 pounds to 155 pounds. My bench press went from 235 pounds to 295 pounds. My pushup and situp capacity in timed 2-minute intervals Nearly doubled, from approximately 70 to 120. At that time, I was an avid runner and would

monthly run a five-mile timed interval training run. During these three months, I took nearly one minute off my timed mile intervals, Reducing my overall runtime by almost five minutes.

This personal journey was compelling and impactful on my life. While we look back on it and laugh now, I became a bit evangelical in my approach to nutrition and fitness with my coworkers. This led me to being tasked with teaching a Wellness class for our Police Department.

My research to build the content for this Wellness class led me to several other disturbing facts and trends for law enforcement officers. The early work of doctor John Violanti and his data on officer life expectancy and premature mortality rates captured my attention. The data suggested at the time that police officers' lifespans were anywhere from 18 to 24 years below the national average. The rates of cardiovascular disease, cancer, and other inflammatory-based diseases were significantly higher than the general population.

During this research, I read the work of doctor Phil Maffetone. He is the author of The Big Book of Health and Fitness. Dr. Maffetone explained health and fitness in a way that I had never heard it described. He stated that health is only part of the overall picture for aging gracefully; It would help if you were fit; you need muscles for movement, to keep your bones strong and protect you from falls, burn body fat, and avoid being overweight.

His distinction is that fitness is not the same as health. Instead, they are two different but mutually dependent states. This was revelatory to me because while I was focused on fitness for my swat PFT I was beginning to understand the difference and how it impacted my overall health. More importantly, I started understanding how shift work and other physiological stressors from policing impacted my ability to train and stay fit and healthy. In short, I realized that it all mattered.

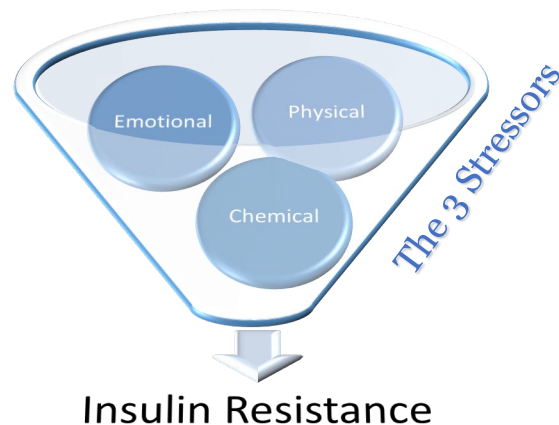
Looking back now, it seems Dr. Maffetone was ahead of his time. He was training some of the world's fittest athletes and has coached a few of the greatest endurance athletes ever. Perhaps his most important lesson was that, no matter how good of an athlete you might be, everyone has their limits. Knowing your limits starts with knowing yourself. He dedicated an entire section of his book to self-care, laying out the benefits and dangers of stress. This is the section of the book where I put all of the pieces of the puzzle together and started a career-long journey to understanding how police officers can win the long game. How to hire healthy, retire healthy, and maximize impact on performance in policing and life outside of work. The blueprint is there, and we need to understand it.

Dr. Maffetone identified this process succinctly by stating the human body undergoes three types of stressors - Physical, chemical, and emotional. And they all interact with each other to impact overall fitness and health.

Physical: Strains or Exertions on the body. Such as strenuous exercise.

Chemical: Environmental chemicals can adversely affect the body's metabolism and cause stress.

Emotional (Mental): The mental and emotional state includes the behavioral aspects of health. Including cognition – sensation, perception, learning, concept formation, and decision-making.



Perhaps the most profound lesson was the impact of stress on the adrenal glands. The body has efficient mechanisms for coping with stress, the adrenals, which sit on top of each kidney. They work with the brain and nervous system to regulate these critical coping mechanisms, which includes the well know "fight-or-flight" reacion that police officers are all too familiar.

Stress can affect many aspects of health because of the adrenal activity; they also manage the hormones that impact aging, cellular repair, electrolyte balance, muscle function, and maybe the biggest tell of all in police officers, blood sugar control. This is where the work of Dr. James Greenwald intersects with that of Dr. Keven Gilmartin. Dr. Greenwald and his team at Specialty Health, in their blood testing of police officers, found that over 60% were insulin resistant, meaning they have abnormally high blood glucose levels. In his work on Hypervigilance, Dr. Gilmartin analogizes this stress process occurring in police officers in the same way that bears pack on weight in preparation for hibernation. (An in-depth description of this process is detailed in our program attachment.)

While much of this information today is common knowledge, many in our profession are unaware of the hidden dangers in policing, not from suspects' actions but from our lifestyle choices and the stressors that impact our Physiology. Our goal as a command staff at the Lafayette Police Department has been to provide education and resources to raise awareness in our personnel on these hidden and overt dangers. Then, through investment in programs, equipment, technology, and training, remove potential barriers to engagement and incentivize participation in wellness programs.

Department Wellness Resources

Emotional Wellness

As part of our wellness and ***Employee Assistance programs***, the City of Lafayette and the ***Lafayette Police Department contract with Dr. Kelly Dardeen and her clinic, Suncrest Psychological Services***. Dr. Dardeen specializes in working with first responders. Police psychologists can help officers develop coping mechanisms and strategies to manage stress and trauma. They can counsel and support officers who have experienced traumatic events or are struggling with mental health or substance abuse issues. This can help prevent burnout and improve officer well-being, improving job performance and reducing the risk of misconduct.

Access to Dr. Dardeen and her clinic offers officers a safe and confidential space to discuss their concerns. A police psychologist can help reduce the stigma surrounding mental health issues in law enforcement and promote a culture of Wellness within the department. Overall, the presence of a police psychologist can lead to a healthier and more effective police force, benefiting both the officers and the communities they serve.

Dr. Dardeen is also made available for Critical Incident Debriefs, particularly those cases that involve significant emotional trauma, such as an officer-involved shooting or a child death investigation.

All members of the L.P.D. have access to our E.A.P. program. Our supervisors receive training from Human Resources on how to access these benefits. The process of referring employees to the program is essential to understand. Dr. Dardeen attends annual training to provide officers with updates on her services and to build relationships with officers to make them more comfortable and eliminate potential barriers to entry.

Chaplain Program

The Lafayette Police Department has maintained a Police Chaplain Program since the mid 1990's. One of the main benefits of a police chaplain program is the support it can provide to officers and their families in times of crisis or trauma. Police work can be emotionally and mentally demanding, and officers are often exposed to situations that can be traumatic or life-threatening. A police chaplain can offer a listening ear, provide emotional support, and help officers process and cope with the stresses of their job.

Additionally, our police chaplains can provide spiritual guidance and resources to officers seeking to find meaning and purpose in their work or struggling with ethical or moral dilemmas. This can help promote personal and professional growth among officers, ultimately leading to better outcomes for the officers and the communities they serve. By providing a supportive and caring presence within the department, the goal of the police chaplain program is to help foster a culture of compassion, Resiliency, and well-being among law enforcement personnel.

Our chaplains are invited into the department and provided Volunteer In Policing Services access. They participate in our new officer swearing-in ceremonies and annual recognition events and often can be found doing ride-a-longs with our officers.

Physical Wellness

In 2008 the Lafayette Police Department created a policy requiring all officers to get an **annual physical examination done by their physician**. The department and city insurance program covers the cost of yearly Wellness exams, so there is no cost to the employee. This policy aims to ensure officers have at least one check-in with their physician yearly to ensure no underlying health issues may jeopardize their well-being.

In 2013 the Lafayette Police Department began requiring all officers to participate in bi-annual physical fitness assessments. There are no punitive outcomes from this assessment, but participation is mandatory. This gives officers a biannual physical fitness self-assessment. These assessments are conducted on duty during all-day training sessions. From 2013 through 2016, the department utilized the Indiana law enforcement academy's physical fitness exit standards. (1.5 mile timed run, 300m sprint, 2-minute timed push-ups, 2-minute timed sit-ups, vertical leap)

In 2017 a committee was formed to research the potential for developing a new physical fitness assessment. This assessment would be a functional movement based on policing activities. We experimented with several versions of this test but ultimately decided to go in a different direction.

In 2017 we opened up CrossFit Blue Heart in our police training center. CrossFit Blue Heart is a non-profit CrossFit affiliate. In conjunction with opening this affiliate, the Lafayette Police Department contracted with CrossFit, Inc to conduct a private CrossFit Level 1 seminar for 20 police officers from L.P.D. This seminar certified these officers as level 1 coaches. The intention was not to create any CrossFit standard or expectation that officers must utilize the CrossFit methodology, rather it was done to ensure we could place peer coaches across all shifts and divisions of the Police Department to assist in physical fitness training.





CrossFit Blue Heart is a fully outfitted and functional gym. It is open only to police officers and their families, provided their family is on our city insurance plan. All employees are permitted one-hour per shift to work out on duty. Workouts can also be done immediately before or after shifts since it is difficult for patrol officers to dedicate on-shift working hours due to response activity.

In 2020 the Lafayette Police Department contracted with O2X. O2X provides customized wellness programs for public safety departments, the military, and federal agencies that optimize every aspect of their most valuable resource: people. Their services include consulting, in-person training and education, On-Site Specialists, Readiness Assessments, and cutting-edge online tools.

The professional staff from O2X spent two days at L.P.D. during our All Day Training sessions and conducted a comprehensive officer training session. This service included a **smartphone application that gave every employee access to O2X professional staff 24/7**. The application provided Coaching on nutrition, exercise programming and routines, meditation, yoga, and other holistic wellness programming.

The training concluded with a physical fitness assessment test utilizing the O2X Tactical Athlete Program. This testing involved:

Aerobic Capacity Test: 1.5 Mile Run-or-300m shuttle run-or-1000m Row
Max Air Squats in 1 minute
Max Push Ups in 1 minute
Max Pull-Ups in 1 minute
Plank Hold for Max time

A peer trainer observes the testing to ensure proper mechanics and range of motion are adhered to for safety and efficacy. It is an age defined by six categories of scoring.

Outstanding
Tactical Athlete
Good
Fair
Poor
Very Poor

You can read more about this experience here:

<https://www.o2x.com/lafayette-police-department-physical-fitness-testing/>



The long-term plan for this physical assessment tool will require all officers to maintain a minimum score. Each assessment is scored, and that score is applied to an officer's bi-annual evaluation in the appropriate category. Officers who complete this test and score in the Outstanding and Tactical Athlete range are rewarded with a tee-shirt. It is a small incentive but creates an opportunity to set and work toward a goal.

Performance Coaching

In 2021 the Lafayette Police Department was the first department in Indiana, and one of the first in the country, to pilot a peak performance program developed by Performance Protocol. This training company is based in Arizona and is bringing the concept of Executive Coaching to Law Enforcement. It is a digital coaching platform that takes experienced law enforcement officers, trainers, and executives and trains them to work with law enforcement officers. While this program is new, the early returns at our agency and from pilots conducted across six states have been very promising.



All Performance Protocol Coaches are proven subject matter experts who have demonstrated success in their own lives. They are law enforcement professionals, Fortune 500 executives, and certified health & wellness experts. Most importantly, they are passionate about helping their brothers and sisters in law enforcement.

Performance Protocol's Training Directors are former F.B.I. National Academy Instructors, International Coaching Federation (I.C.F.) Certified, and have real-world police experience. Here are some of the early results from pilot programs. This program promises to improve recruitment, retention, and officer development struggles.

Aggregate Field Trial Status & Results

- **70%** Reduction in Intention to Quit
- **64%** Reduction in Desire to Change Roles
- **69%** Reduction in Desire to Switch Agency
- **65%** Increase in Overall Life Happiness
- **51%** Reduction in Daily Stress
- **42%** Increase in Attitudes Toward Job
- **37%** Increase in Attitudes Towards Colleagues
- **99%** Would Recommend to a Peer

Officer Testimonials

"This program has been life changing for me."

"Unbelievable, I cannot live without this!"

"This program was much more beneficial and easier than I imagined."

"My coach was amazingly full of knowledge and super easy to talk to. I have already recommended to my peers."



Other City Wellness Opportunities

The city of Lafayette hosts an annual Wellness fair. The Wellness event is held at the McAllister center and is open to all city employees and their families. Each year the city Wellness fair is home to approximately 30 local vendors. Vendors range from dentist offices, fitness facilities, yoga and Wellness studios, and other Wellness related industries.

At the annual Wellness event, all city employees are offered a free flu vaccination. Employees opting for a flu vaccination receive points towards annual Wellness awards earned through the city Wellness program and Wellness committee. The Wellness committee is comprised of members from across all city departments. Awards range from gift cards to prizes from various vendors. Employees participating in the city Wellness programming can earn discounts on their city health insurance premiums; this includes premium discounts for being tobacco-free.

Throughout the year, the Wellness committee partners with community vendors and offers different programming for employees, ranging from exercise sessions, yoga, and meditation sessions, to financial planning seminars. They are a great way to create exposure to various Wellness opportunities that employees and their families can enjoy.

Train the Trainer Program with Specialty Health

Attached with this document is an extensive resource developed in partnership with Dr. Jim Greenwald from Specialty Health and several cohorts. It is a Wellness Initiative built on the foundation of the Reno, NV, award-winning program, Resiliency as a Path to Wellness, featured in I.A.C.P. Magazine (2013).

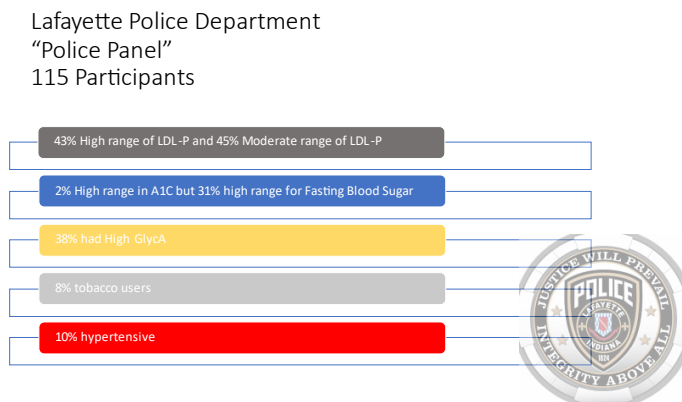
The early exposure to the works of Dr. Kevin Gilmartin, Dr. Phil Maffetone, Dr. John Violanti, and others provided a core understanding that health and Wellness are interconnected. Police officers can't have one without the other. New information provided in the Train the Trainer program includes the work of Dr. Christopher Palmer, who is leading the way in terms of nutritional intervention in mental well-being.

Many roads lead to the dismantling of good health and performance, but a few can bring an officer back or, better yet, prevent the decline before it starts. The key to successful outcomes in long-term health is finding a sustainable program, but it has to begin with understanding.

So, back to a car analogy. Through several small pilot projects and experimentation, we found that one of the best motivators to moving officers in a healthy direction was to give them the proverbial "peek under the hood." By this, I mean giving them a blood test, not just a simple lipid panel, but a robust test identifying "seven" specific risks—the "Big 5" and two others.

We have termed this test the "Police Panel" because short and long-term risks can be identified in advance in these seven data lines - providing an opportunity for prevention, intervention, and disease reversal.

Over the last ten-year period, the L.P.D. had six officers have cardiac events. We were very fortunate that none of them were fatal. All of our efforts focused on outward threats are incredibly important. We have outlined many of the programs and safety measures our agency has taken over the years to improve safety and outcomes. However, none of these may be as important as the work we have been doing to help identify cardiovascular disease, and its associated diseases of inflammation, which we have been building upon in our blood testing program.



In 2020, we presented our program to the I.A.C.P. Wellness Symposium with Dr. Greenwald and Dr. Kevin Gilmartin. Our presentation was entitled, "The Blood Doesn't Lie," which is attached to this submission. At the Lafayette Police Department, we offered every employee the opportunity to take the "Police Panel" blood test. We found that

nearly 80% of those tested had at least one risk area of they were unaware. It is hard to understand risk without proper testing. So testing must be the foundation at the core of any wellness initiative.

Our agency has built the foundation, but the work is far from complete. Others can learn and build on the successes we have experienced to date. This past year, our partner agency, West Lafayette Police Department, began offering the police panel to their officers. Several success stories have been identified, and risks have been mitigated and reversed through nutritional intervention recommendations.

Attachment #1, entitled "Insulin Resistance and the First Responder," is a comprehensive resource for any agency interested in understanding the impact of insulin resistance. This guide features the "Train the Trainer" program implemented at the Lafayette Police Department that is now shared and utilized by the West Lafayette Police Department.

Attachment #2 is near and dear to my heart, literally and figuratively. It is a document that described a follow-up testing program that is being tested as a result of the Train the Trainer testing program. One of the seven data points measured in the police panel is a molecule known as Lp(a).

Lipoprotein (a) is a type of LDL with an extra molecule. These lipoproteins carry cholesterol to the cells in your arteries. If you have high LDL particles, cholesterol can build up in your arteries and form blockages called plaques. This condition is known as atherosclerosis or "hardening of the arteries." It can lead to many serious medical conditions, including Coronary artery disease, heart attack, stroke, and peripheral

arterial disease, among others. Fortunately it only impacts about 15% of the population. Unfortunately, it is rarely screened for and the first time many realize they have elevated levels of Lp(a) is after their first heart attack.

Because of advanced testing like this, I became aware of my genetic predisposition. This allows me to receive proper care and attention to mitigate the risk through life style and medical interventions. Attachment #2 describes advanced testing completed to evaluate the risk for Lp(a), Familial Hypocholesterolemia, and other lipid disorders. Advanced screenings can save significant amounts of money, but more importantly, they can save lives. And since I am an unfortunate winner of the Lp(a) genetic lottery, the life I saved in this testing might just have been my own!