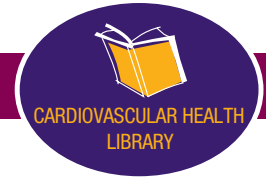


Questions to Ask Your Doctor If You Have High Blood Pressure



- What is my blood pressure reading in numbers? (Ask your health care provider to write it down for you.)
- What is my goal blood pressure?
- Is my blood pressure under adequate control?
- Is my systolic pressure too high (over 140)?
- What would be a healthy weight for me?
- Is there a diet to help me lose weight (if I need to) and lower my blood pressure?
- Is there a recommended healthy eating plan I should follow to help lower my blood pressure (if I don't need to lose weight)?
- Is it safe for me to start doing regular physical activity?
- What is the name of my blood pressure medication? Is that the brand name or the generic name?
- What are the possible side effects of my medication? (Be sure the doctor knows about any allergies you have and any other medications you are taking, including over-the-counter drugs, vitamins, and dietary supplements.)



- What time of day should I take my blood pressure medicine?
- Should I take it with food?
- Are there any foods, beverages, or dietary supplements I should avoid when taking this medicine?
- What should I do if I forget to take my blood pressure medicine at the recommended time? Should I take it as soon as I remember or should I wait until the next dosage is due?

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services. Your Guide to Lowering High Blood Pressure. [Internet]. Accessed January 27, 2014. Available from: <http://www.nhlbi.nih.gov/hbp/treat/question.htm>