

Important Information

Questions to ask your doctor about high blood pressure

General

What is high blood pressure?
What do the blood pressure numbers mean?
What should my blood pressure be?

Risk Factors

What are my risk factors?
Do I have risk factors that can be modified?

Tests and Treatment

How often should my blood pressure be checked?
Should I get a home blood pressure monitor?
What are the options to control high blood pressure?
Will I have to take blood pressure medicine?
What should I know about the medicine and possible side effects?
Should I avoid other medicines or any food?
How long will I have to take the medicine?

Lifestyle Changes and Nutrition

What kind of physical activity /exercise is recommended to me?
Should I consider restricted salt intake?
What is my daily sodium limit?

Please note: This health information is for education only. It does not take the place of talking with a healthcare provider. A healthcare provider is the person who will consider the special needs of the patient and is in charge of the care of each patient.

