HIGH BLOOD PRESSURE - QUESTIONS TO ASK YOUR DOCTOR

Many people have questions for their doctors about tests, drug treatments, risk factors and lifestyle changes. Below are examples of common questions.

What do my blood pressure numbers mean?

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What should my blood pressure be?

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What are my options to control high blood pressure?

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How often should my blood pressure be checked?

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___________________________________________

What about home blood pressure monitors?

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Should I use blood pressure machines at stores?

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How does physical activity affect my blood pressure?

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What’s my daily sodium (or salt) limit?

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___________________________________________

Will I need to take blood pressure medicine?

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___________________________________________

www.Heart.org/Tools
What kind of medicine should I take?
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___________________________________________

Is there sodium in the medicine I take?
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___________________________________________

What should I know about the medicine?
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___________________________________________

What are the side effects?
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How do I know if it’s working?
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___________________________________________

How can I remember when to take the medicine?
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___________________________________________

What if I forget to take a medicine?
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___________________________________________

Should I avoid any foods or other medicines?
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___________________________________________

Can I drink alcohol?
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___________________________________________

How long will I need to take my medicine?
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___________________________________________