



## QUESTIONS ABOUT YOUR DIAGNOSIS OF HYPERTENSION

- What is my blood pressure?
  - What should my blood pressure goal be?
  - How often should I have my blood pressure checked?
  - Should I monitor my blood pressure at home? If so, is one type of home monitor better than another?
  - Do I have any evidence of complications due to uncontrolled hypertension? (For example, problems with my eyes or kidneys?)
  - Can you help me quit smoking? (If you smoke.)
  - Is my weight in a healthy range?
  - What dietary choices should I be making for my blood pressure and overall heart health?
  - What level of exercise is safe for me and will also have cardiovascular benefits?
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## QUESTIONS ABOUT MEDICATION FOR HIGH BLOOD PRESSURE

- What is (are) the name(s) of my blood pressure medication(s)?
  - Is there a generic form available?
  - What are the possible side effects?
  - What is the dose? How often do I take it?
  - What should I do if I forget to take my medication?
  - What other prescriptions may interact with this (these) medication(s)?
  - How do we know the medication(s) is (are) controlling my blood pressure?
  - What are my options if my blood pressure is not managed by my current medications?
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