

# 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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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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