Blood Pressure
QUESTIONS TO ASK YOUR DOCTOR

Q&A

This list of common questions about blood pressure will help you discuss test results, risk factors and lifestyle changes (including medication) with your doctor.

TAKE THIS SHEET TO YOUR NEXT APPOINTMENT AND USE THE SPACE PROVIDED TO WRITE DOWN YOUR DOCTOR'S COMMENTS.

QUESTIONS	COMMENTS
• What do my blood pressure numbers mean?	
• What should my blood pressure numbers be?	
• How can high blood pressure affect my health?	
• Are there any lifestyle changes that will help me control my blood pressure?	
• How often should my blood pressure be checked?	
• Should I use a home blood pressure monitor?	
• What type of home monitor should I purchase?	
• Will I need to take blood pressure medication?	
• What kind of medication is best for me?	
• What are the side effects?	
• What if I forget to take my medication?	
• Should I avoid any foods or other medications?	
• Can I drink alcohol?	
• How long will I need to take my medication?	

Learn more about blood pressure at: **heart.org/hbp**

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life is why

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