

High Blood Pressure questions to ask your Doctor



- Identify STRESS...
- Manage high blood pressure

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 exercise 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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High Blood Pressure

Drug Treatment

questions to ask your Doctor

...continued pg-02

PREVENT HEART ATTACK by checking the blood pressure regularly.



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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This is for informational purposes and is not intended to be a substitute for the advice of a doctor. It is important that you rely on the advice of a doctor or a healthcare professional for your specific condition.

This Information material has been developed by PROTON Healthcare Ltd. USA, in the interest of Community Welfare and Health Education for people worldwide.

Reference: American Heart Association

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