

Talking to your doctor

Sometimes it's hard to remember everything you want to discuss with your doctor during your visit. This guide can help you have a more productive conversation.

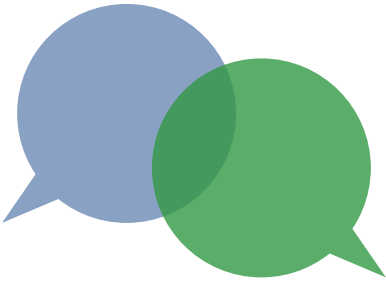
If you have been recently diagnosed with high blood pressure (hypertension)

Before your appointment, write down key information such as:

- Family history of high blood pressure, high cholesterol, heart disease, stroke, or diabetes
- Recent life changes
- A list of all the medications, vitamins, and dietary supplements you take
- Your diet and exercise habits
- Symptoms

Here are a few questions to ask your doctor

- What is my blood pressure currently? What is my blood pressure goal?
- Should I avoid any foods, drinks, vitamins, or dietary supplements while I'm on my blood pressure medication?
- How often should I exercise?
- Should I monitor my blood pressure at home? How do I know my BP monitor is correct?
- How often do I need to schedule appointments to check my blood pressure?
- Do you have any reading material or suggested websites I should visit?
- What are the side effects to the treatment you are prescribing?
- What if I forget to take my medication?
- How long will I have to take my medication?
- Can I drink alcohol while on my medication?



If you are currently on medication for your high blood pressure

Now that you've been on medication for your high blood pressure, you may have additional questions about your treatment or your goals. In addition to the topics on the front, consider asking your doctor:

- Am I on track to reach my blood pressure goal?
- Why have I not reached my goal yet? Is there something else I can do?
- I'm concerned about the side effects I'm experiencing. (Describe any symptoms you believe are related to your medication. Depending on your current medication, some of these may be cough, fatigue, dizziness, nausea, thirst, muscle cramps, or headaches.)
- Are there alternatives to my current treatment?
- Sometimes I forget my medicine. Do you have any tips to help me remember?

Notes and questions

Write down any additional questions you may have, or use this space to take notes during your visit.
