



# Questions for Your Doctor about Hypertension/ High Blood Pressure

The following questions can help you talk to your doctor about your individual risk for hypertension or your treatment of hypertension if you already have a diagnosis. Print out or write down these questions and take them with you to your appointment. Taking notes can help you remember your physician's response when you get home.

# **QUESTIONS ABOUT YOUR YOUR RISK FOR HYPERTENSION**

- □ Based on my family history, am I at greater risk for hypertension?
- Based on my personal history, am I at greater risk for hypertension?
- □ What risk factors do I have for hypertension?
- □ What can I do to lower my risk for hypertension?
- □ What is my blood pressure?
- □ What should my blood pressure be?
- □ How often should I have my blood pressure checked?
- Can you help me quit smoking? (If you smoke.)
- □ Is my weight within a healthy range?
- □ What dietary choices should I be making for cardiovascular health?
- □ What level of exercise is safe for me and will also have cardiovascular benefits?

Scan the QR code above to go directly the condition overview page

## **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?

### **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?

#### www.secondscount.org



#### This document is for general information purposes only.

info@scai.org www.scai.org 202.741.9854 1100 17th St. NW, Suite 400 Washington, DC 20036

www.secondscount.org



#### This document is for general information purposes only.

info@scai.org www.scai.org 202.741.9854 1100 17th St. NW, Suite 400 Washington, DC 20036