

WHAT YOU CAN DO

Hypertension

Hypertension is high blood pressure. If not treated, it can lead to heart attack, stroke and kidney disease.



Learn how to take your own blood pressure.



Spend time relaxing.



Ask your doctor about your medicines.

- Learn how to take your own blood pressure.
- Write down your blood pressure daily in a notebook to discuss with your doctor.
- Work with your doctor to set a blood pressure goal.
- Work out a plan to achieve that goal.
- You may be able to lower your blood pressure just with diet and exercise. If you need medicine, take your blood pressure medicine regularly.

During your visit to the doctor's office or clinic:

- **Ask** about your diet including salt, fat and alcohol.
- **Ask** about exercise.
- **Ask** about a healthy weight for you.
- Find time to relax every day.
- Do not smoke.
- Make regular appointments with your doctor, and keep them.

Before you begin your high blood pressure medicine, ask your doctor or pharmacist these questions:

- How many times a day should I take my medicine? _____
- What times of the day should I take my medicine? _____
- How long should I take my medicine? _____
- Should I take my medicine with or without food? _____
- Are there any foods or drinks I should not have while taking my medicine? _____
- Can I take my blood pressure medicine with other medicines? _____
- If I forget to take my medicine, what should I do? _____
- If there are warning labels on the medicine bottle, what do they mean? _____
- What are the side effects of my blood pressure medicine? _____

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For more information, go to www.MedlinePlus.gov

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