

## 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](http://www.MedlinePlus.gov)

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