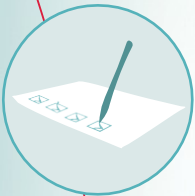


## Important Information

# Questions to ask your doctor about high blood pressure



### General

- What is high blood pressure?
- What do the blood pressure numbers mean?
- What should my blood pressure be?

### Risk Factors

- What are my risk factors?
- Do I have risk factors that can be modified?

### Tests and Treatment

- How often should my blood pressure be checked?
- Should I get a home blood pressure monitor?
- What are the options to control high blood pressure?
- Will I have to take blood pressure medicine?
- What should I know about the medicine and possible side effects?
- Should I avoid other medicines or any food?
- How long will I have to take the medicine?

### Lifestyle Changes and Nutrition

- What kind of physical activity/exercise is recommended to me?
- Should I consider restricted salt intake?
- What is my daily sodium limit?

**Please note:** This health information is for education only. It does not take the place of talking with a healthcare professional. A healthcare professional is the person who will consider the special needs of the patient and is in charge of the care of each patient.