



Questions for Your Doctor About High Blood Pressure

Having open communication with your doctor can make a difference in your treatment of high blood pressure. Better use of your appointment time may mean that more can be accomplished during your visit. This Doctor Discussion Guide can help you remember some important questions to ask your doctor.

About High Blood Pressure

1. What is considered a high blood pressure reading? What do the numbers mean?
2. Are there any symptoms of high blood pressure?
3. How often should I have my blood pressure checked?
4. Is high blood pressure hereditary?
5. What will happen if I don't get my blood pressure under control?

About Lifestyle

1. Does stress affect my blood pressure?
2. What kind of diet should I be following to help control my blood pressure?
3. How often should I exercise?
4. Is there anything I should avoid doing?
5. What other treatment options are available?

