
Questions to Ask Your Doctor about Hypertension

The following questions can help you talk to your physician 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.

If you are concerned about 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?

If you have been diagnosed with 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?

If you take 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?