



Centers for Education and
Research on Therapeutics present

CHAIN ONLINE

Clinician-Consumer Health
Advisory Information Network

If you have high blood pressure (*hypertension*):

Did you know that high blood pressure can:

- Cause you to have to have a stroke?
- Damage your kidneys?
- Even cause a heart attack that could be fatal?

This means you should:

- Know what your blood pressure is.
- Ask your doctor if your blood pressure should be lower.
- Find out if you and your doctor should think about changing your blood pressure medicine.
- Be involved in your health care.

Ask your doctor these questions about your blood pressure:

What is my blood pressure now? _____

Is my blood pressure higher than it should be? _____

Do you think it would help me to take more of my current medicine or to switch to a different medicine? _____

If I switch to a different medicine, what kind of side effects might I get from the different medicine? _____

Is there any way to stop the side effects of the new medicine if I switch to another type of medicine? _____

What else can I do to keep my blood pressure down where it should be? _____

Other questions I want to ask:

If you have Internet access, you can find more information about how you can help to control your blood pressure here:

www.chainonline.org/patient-tools/control-BP

