

QUESTIONS TO ASK YOUR DOCTOR ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

Going to your doctor with a list of questions will help you get the most from your visit. Write down the answers or take someone with you who can take notes while you talk with your doctor.

- What are my blood pressure numbers?

- What should my blood pressure be?

- What are my blood cholesterol numbers?

- What should they be?

- How can I change my eating habits to help lower my blood pressure and cholesterol?

- What is a healthy weight for me?

- What kind of physical activity do you recommend for me?

- What else can I do to take control?

QUESTIONS IF YOUR DOCTOR PRESCRIBES MEDICATION:

- What is the name of my medication?

- Can I get it as a generic? (Most medical plans have a lower copay for generic drugs.)

- Does the maker of the medication offer any discounts or coupons? (If you'll have trouble paying, some companies offer discounts on their medications for those who can't afford them.)

- What are the possible side effects of my medication?

- What should I do if I have side effects?

- When should I start taking my medicine?

- How much should I take?

- Do I need to take it at a certain time of day?

- Should I take it with or without food?

- What should I do if I forget to take my medication at the recommended time?

- How long will I need to be on medication?

- Do any of my medications interact with each other?

