

LOWER YOUR BLOOD PRESSURE MAKE THE MOST OF YOUR DOCTOR'S APPOINTMENT

GETTING READY

I've been feeling:

- Great
- Ok
- Not so good
- _____

I'd like to talk about:

- Medication or side effects
- Managing my weight
- Quitting smoking
- Lowering my stress
- How to monitor my BP
- Changes in my BP
- Heart attack or stroke risk
- _____

Symptoms that may be related to my medication:

- Depression/anxiety/nervousness
- Trouble sleeping
- Intimacy issues/sexual dysfunction
- Dizziness
- Vision/eye issues
- Nausea or vomiting
- Cough
- Diarrhea or constipation
- Fatigue, weakness, drowsiness
- _____

OVERCOMING CHALLENGES

It's hard to manage my BP because:

- I don't like the way the medication makes me feel
- I'm having trouble changing my diet
- I can't find time to exercise
- It's expensive
- I don't feel well most of the time
- I don't have support
- I'm overwhelmed/stressed
- I forget what I need to do
- _____

I want to take care of myself so I can enjoy:

Take this guide to your visit, along with:

1. A complete list of all your medications (including over the counter pain + cold and flu medications, vitamins, and herbal supplements)
2. A pen and paper to take notes

PLANNING FOR SUCCESS

Today my BP is:

- _____
- Normal Elevated Stage 1 Stage 2

Notes:

Based on what we talked about, I'm going to focus on:

- Taking my medication regularly
- Monitoring my BP at home
- Getting more exercise
- Managing my weight
- Eating healthier
- Quitting smoking
- _____

My next appointment is on:

_____ @ _____