

# Take Ownership of Managing Your Blood Pressure



## Managing My Blood Pressure Heart Health Month Tool from Amedisys®



If you have come to download this tool that means you have decided to take ownership of managing your blood pressure and we congratulate you!

As **Dr. Fleming** says, “Your blood pressure impacts everything else in your body since it indicates how your blood is flowing — so no matter what your existing condition, keeping your blood pressure where it should be is one of the most important leading indicators you can focus on to prevent chronic disease.”

Below are some questions to help you discuss your blood pressure with your doctor as well as a notes page to help you keep record of this important conversation. *Here's to a healthier you.*

### Questions to ask your doctor about your blood pressure:

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| <ul style="list-style-type: none"><li>• <i>What is my personal blood pressure goal?</i></li><li>• <i>What can be causing my high blood pressure?</i></li><li>• <i>What dietary or lifestyle changes do I need to make to help lower my blood pressure?</i></li><li>• <i>How frequently should I have my blood pressure checked?</i></li></ul> | <ul style="list-style-type: none"><li>• <i>Can my blood pressure get too low?</i></li><li>• <i>What over-the-counter medications should I avoid?</i></li><li>• <i>What is the long-term safety of the blood pressure medication(s) you have prescribed me?</i></li></ul> | <ul style="list-style-type: none"><li>• <i>What are the medications side effects?</i></li><li>• <i>If side effects occur, what should I do on my own? When should I contact you?</i></li><li>• <i>Can the other medications I am on adversely interact with the blood pressure medications you are prescribing for me?</i></li></ul> |
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### Notes

My current blood pressure is: \_\_\_\_\_/\_\_\_\_\_. My goal blood pressure is: \_\_\_\_\_/\_\_\_\_\_.

My blood pressure management plan includes:

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