Hypertension is high blood pressure. If not treated, it can lead to heart attack, stroke and kidney disease.

- Learn how to take your own blood pressure.
- Write down your blood pressure daily in a notebook to discuss with your doctor.
- Work with your doctor to set a blood pressure goal.
- Work out a plan to achieve that goal.
- You may be able to lower your blood pressure just with diet and exercise.
  
  If you need medicine, take your blood pressure medicine regularly.

**During your visit to the doctor’s office or clinic:**

- **Ask** about your diet including salt, fat and alcohol.
- **Ask** about exercise.
- **Ask** about a healthy weight for you.
- Find time to relax every day.
- Do not smoke.
- Make regular appointments with your doctor, and keep them.

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**Before you begin your high blood pressure medicine, ask your doctor or pharmacist these questions:**

- How many times a day should I take my medicine?
- What times of the day should I take my medicine?
- How long should I take my medicine?
- Should I take my medicine with or without food?
- Are there any foods or drinks I should not have while taking my medicine?
- Can I take my blood pressure medicine with other medicines?
- If I forget to take my medicine, what should I do?
- If there are warning labels on the medicine bottle, what do they mean?
- What are the side effects of my blood pressure medicine?