



## Questions to ask your doctor about high blood pressure

- 1) What do my blood pressure numbers mean?
- 2) Do I have high blood pressure?
- 3) What causes my high blood pressure?
- 4) What are my goal blood pressure numbers?
- 5) How does high blood pressure affect my health?
- 6) What are my options to lower my blood pressure?
- 7) How often should my blood pressure be checked?
- 8) What are my options if I cannot afford a home blood pressure monitor?
- 9) When is high blood pressure an emergency?