

# Patient information from BMJ

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## High blood pressure: questions to ask your doctor

**If you've been told you have high blood pressure, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.**

- What is my blood pressure? What do the numbers mean?
- Ideally, what should my blood pressure be?
- Is high blood pressure the same as hypertension?
- Will I have any symptoms from my high blood pressure?
- Why is high blood pressure bad for me?
- Do I need any other tests?
- How often should I have my blood pressure checked?
- Should I check my blood pressure at home?
- Can I make changes to my lifestyle to help lower my blood pressure? Should I change my diet? Exercise more? Get help to stop smoking?
- Do I need to take medicines to treat my high blood pressure?
- If I need to take medicines, what's the best treatment for me?
- What are the side effects of treatment?
- How long will I need to take this treatment?
- What should I do if I forget to take my blood pressure medicine? Should I take two doses the next time a dose is due or skip one?
- Will I still need to have treatment once my blood pressure comes down?
- What will happen if I don't get my blood pressure under control?
- Is there anything I should avoid doing?

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