

Questions to ask my doctor

about managing my blood pressure

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
<p>What's the recommended blood pressure goal for someone with Coronary Artery Disease (CAD)? How is the goal for my blood pressure determined?</p>	
<p>Should my blood pressure medication dosage be changed? Should I start a new medication?</p>	
<p>If starting a new medication:</p> <ul style="list-style-type: none"> ▪ Is it safe to take with my other medications? Are there any medications I should stop when I start this one? ▪ Are there any side effects I should be aware of? What should I do if I have any of these side effects? ▪ Is it the most cost-effective choice? For example, does it have the least expensive copay? Is a generic form available? ▪ What strength are you recommending? How many times a day do I need to take the medicine? ▪ What should I do if I miss a dose? ▪ Do I need to avoid alcohol or any particular foods while taking this medicine? 	
<p>Are there other things I should do to decrease my blood pressure? Is there a particular diet such as the DASH diet I should eat? Do I need to lower my salt intake? What should my goal be?</p>	

Optum provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional.