

High Blood Pressure: Choosing your treatment

1. **What's the issue?** Your blood pressure level is high: _____
 Your target blood pressure level: _____
2. **Why is that a problem?** High blood pressure can lead to strokes, heart attacks, and heart failure.
 High blood pressure can cause damage even without warning symptoms.
3. **There are options for treating high blood pressure.** Circle options you want to talk about. Your clinician may circle some too. You may choose multiple options.

TREATMENT OPTIONS	Frequently Asked Questions		
	What are some reasons to choose this option?	What are some reasons <u>not</u> to choose this option?	What do I have to do?
No treatments at this time	You are not ready to make changes at this time.	For many, higher chance of having a problem if you do not treat high blood pressure.	No changes to what you are doing now. Your clinician may request a follow-up visit.
Diet & Exercise	If you made changes, you could lower your blood pressure level and your chance of having a problem.	It might be hard to make these lifestyle changes. Diet & exercise alone might not be enough to reach target blood pressure.	Change diet: reduce calories, alcohol, caffeine, and salt intake and increase fruit, vegetable consumption. Exercise at least 30 minutes most days. Get regular blood tests and blood pressure checks. Maintain these changes until target level is reached, and possibly longer.
Medicine	Taking medicine can help lower your blood pressure level and your chance of having a problem.	Medicines may cause side effects Have to take medicines every day Requires regular office visits and blood tests. Some medicines are expensive.	Take one or more medicines every day. Get regular blood tests and blood pressure checks. Work on making lifestyle changes to help decrease BP (diet, exercise) as medication works best if you also improve diet and exercise. Continue to take medicine until target level is reached, and possibly longer.
Other Options (please write in)			

4. What's most important to you as we make this decision?

- | | |
|---|--|
| <input type="checkbox"/> Reduce chance of heart attack or stroke
<input type="checkbox"/> Minimize disruption to my daily life | <input type="checkbox"/> Avoid taking pills or medication
<input type="checkbox"/> Other: _____ |
|---|--|

5. What did we decide today? Try: _____

-
- Decide later:
- need more information
 - need to discuss with others
 - need to think about it more

6. What are the next steps and follow-up? _____

Medicine to Treat High Blood Pressure

1. Talk with your clinician about the medication options recommended for you:

OPTIONS:	What are some reasons to use this medicine?	What are some common side effects of this medicine? (Important: not everyone has these side effects, and some side effects are very mild)	What do I have to do?
Diuretics (Hydrochlorothiazide, Spironolactone, Furosemide)	Diuretics can help lower blood pressure and help people who have leg swelling or heart failure.	<ul style="list-style-type: none"> • Urinating more often • Low potassium causing muscle cramps • Gout • Can make you dizzy, especially in hot weather 	<p>Take a pill once a day.</p> <p>Have blood tests to check your kidney function and electrolytes in 2 weeks after starting medicine, then at least twice a year, less often once stable.</p>
ACE Inhibitors (ACEI) (Lisinopril, Enalapril, Captopril)	ACEIs can help lower blood pressure and help people who have kidney disease, heart attacks, or heart failure.	<ul style="list-style-type: none"> • Coughing (10%) • Lip and throat swelling (rare) (<1%) • Some people with advanced kidney disease cannot take ACEIs 	<p>Take a pill once a day.</p> <p>Have blood tests to check your kidney function and electrolytes in 2 weeks after starting medicine, then at least twice a year, less often once stable.</p>
Calcium Channel Blocker (CCB) (Amlodipine, Nifedipine, Verapamil, Diltiazem)	CCBs can help lower blood pressure and help people who have atrial fibrillation or migraine headaches.	<ul style="list-style-type: none"> • Leg swelling • Slow pulse 	<p>Take a pill once or twice a day.</p> <p>Have blood tests to check your kidney function once a year.</p>
Beta-Blocker (BB) (Metoprolol, Carvedilol, Atenolol, Propranolol)	BBs can help lower blood pressure and help people who have heart failure, heart attacks, atrial fibrillation, or migraine headaches.	<ul style="list-style-type: none"> • Tiredness • Slow pulse • Dizziness 	<p>Take a pill once or twice a day.</p> <p>Have blood tests to check your kidney function once a year.</p>
Angiotensin Receptor Blockers (ARB) (Losartan (Cozaar), Valsartan (Diovan), Telmisartan (Micardis), Candesartan)	ARBs can help lower blood pressure and help people with kidney disease or heart disease	<ul style="list-style-type: none"> • Dizziness • Elevated blood potassium level • Swelling • Low blood pressure 	<p>Take pill once daily.</p> <p>Have blood tests to check your kidney function and electrolytes in 2 weeks after starting medicine, then at least twice a year, less often once stable.</p> <p>Avoid salt substitutes and other high potassium foods.</p>
Other Options (please write in)			

2. What did we decide today? Try: _____

3. What are the next steps for monitoring and follow-up? _____