

# 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><b>If starting a new medication:</b></p> <ul style="list-style-type: none"> <li>▪ Is it safe to take with my other medications? Are there any medications I should stop when I start this one?</li> <li>▪ Are there any side effects I should be aware of? What should I do if I have any of these side effects?</li> <li>▪ Is it the most cost-effective choice? For example, does it have the least expensive copay? Is a generic form available?</li> <li>▪ What strength are you recommending? How many times a day do I need to take the medicine?</li> <li>▪ What should I do if I miss a dose?</li> <li>▪ Do I need to avoid alcohol or any particular foods while taking this medicine?</li> </ul>	
<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>	

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