






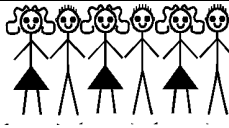


Hypertension Self-Management

Hypertension is a very serious disease which may cause damage to the blood vessels and heart leading to the heart disease and stroke.

You, the patient, are the most important person to manage your hypertension. We will guide you and offer support as you manage your hypertension. The following goals will help you gain and maintain blood pressure control to reduce damage to your blood vessels and heart.

Please choose goals you are willing to work on to better manage your BP.		Yes	No
	<u>Goal 1:</u> I will work hard to keep my blood pressure below 140/90.		
	<u>Goal 2:</u> I will exercise (walk) 30 minutes ____ days per week. If I notice chest pain, shortness of breath or chest tightness, I will seek medical attention.		
	<u>Goal 3:</u> I will follow my salt and low fat diet to reduce my blood pressure and cholesterol.		
	<u>Goal 4:</u> I will try to obtain my ideal body weight. I will lose ____ pounds by my next office visit.		
	<u>Goal 5:</u> I will take a baby aspirin or enteric coated aspirin every day.		
	<u>Goal 6:</u> I will stop smoking.		
	<u>Goal 7:</u> I will check my blood pressure as instructed.		
	<u>Goal 8:</u> I will talk about how I feel about having high blood pressure to family, friends, & or chaplain.		