

We use medicines to treat illness so that we can avoid going to the hospital and have a better life. Medical scientists have shown that medicines help us deal with illness and improve our health. Yet many people do not know how important their medicines are. This is true for people taking medicine to keep their blood pressure from getting too high. Too many times people suffer because they do not take their medicines like they should.

TAKING YOUR MEDICINE

You are NOT taking your medicines properly if you:

- Do not buy or pick up a drug that the doctor orders for you.
- Quit taking the medicine when you run out. (Pick up your refills if they are ordered.)
- Take more pills than you should at one time.
- Stop taking the pills before they are gone.
- Take a pill at the wrong time of the day.
- Take someone else's medicine.
- Take a pill with foods, liquids and other medicines when you should not.
- Take old, outdated medicine.
- Take a broken pill, unless you have been instructed to cut a pill for the correct dose.
- Don't store a medicine the way the label tells you to store it.



HINTS TO HELP YOU

- Keep track of your medicines by using a pillbox that has boxes for each day of the week.
- Have your doctor write down any changes he or she has made on a piece of paper for you.
- Use an alarm watch or cell phone to tell you when you need to take your medicine.
- Don't stop taking your medicine. It is helping your blood pressure even if you can't feel it working.
- Ask your doctor or nurse about the medicines you are taking.
- Don't give up. You can do it!

OUR MISSION

Avera is a health ministry rooted in the Gospel. Our mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values.

OUR VISION

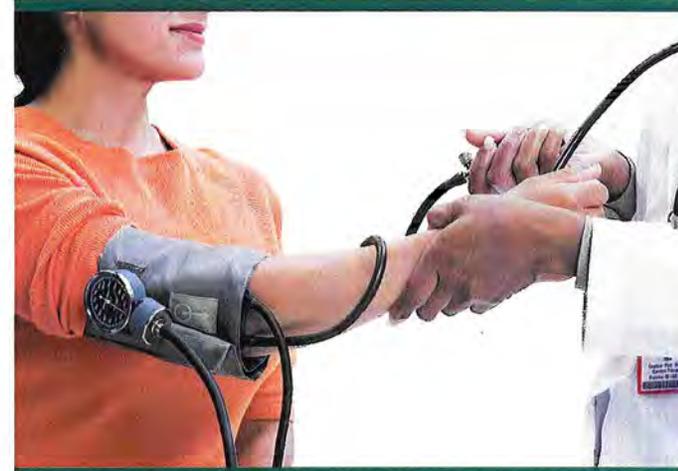
Working with its partners, Avera Health shall provide a quality, cost-effective health ministry which reflects Gospel values. We shall improve the health care of the people we serve through a regionally integrated network of persons and institutions.

Avera 

Look no further.

*Sponsored by the Benedictine
and Presentation Sisters*

TREATING HIGH BLOOD PRESSURE



Avera 

HELPFUL TIPS FOR TAKING YOUR BLOOD PRESSURE MEDICINE

“I’m on so many medicines that I sometimes forget to take my blood pressure pill.”

A pillbox that has spaces for each day of the week can help you remember when to take your pills. Your doctor, nurse or pharmacist can show you how to fill the boxes with your medicine. If you are going to be away from home, be sure to take pills you need with you.

“If my doctor changes my blood pressure medicine, I can’t remember how to take it.”

It can be hard to remember the new instructions your doctor has given you when you get home. Ask your doctor to write down on a piece of paper any changes made. If you still have any questions about taking your medicine, call your doctor.

“I work in shifts and find it hard to take my blood pressure medicine at the right times.”

An easy way to remember to take your medicine is to buy a watch with an alarm. Set the alarm to go off when it’s time to take your medicine. Once you have taken your medicine, reset the alarm for the next time you should take your medicine. You can use your cell phone to remind you, too.

“I feel fine, so why should I take my blood pressure medicine?”

Taking medicine to lower your blood pressure is not like taking medicine for a headache. When you have a headache, you take a pain pill, and the headache goes away. You can’t feel high blood pressure because it has no symptoms. Even though you can’t feel your medicine working, it is lowering your blood pressure. That’s why it is so important to take it every day.

“I’ve forgotten to take my blood pressure medicine so many times that I’m ready to give up.”

If you forget to take your blood pressure medicine, there is no need to feel guilty or give up. It can happen to anyone. Try making a schedule for yourself on a calendar. Remember, taking your blood pressure medicine, exercising, not smoking and eating fruits and vegetables are healthy for your body. You can do it!

QUESTIONS TO ASK YOUR DOCTOR

For a New Medicine:

- What is this new medicine for?
- Is there anything else that I could try instead?
- How will this medicine help me?
- When will the medicine start to work?
- How long will I have to take this medicine?
- How often will I need to come back to see if the medicine is working?
- Will I need any tests to see if the medicine is working? If so, what tests and how often do I do them?
- Are there any side effects from this medicine?
- How do I know if the medicine is working?

For Existing Medicines:

- Do I still need to take this medicine?
- Why do I need to take this medicine?
- Are there any tests to see if the medicine is working? If so, what tests?
- Are my test results okay? What can I do to make my results better?
- Are my symptoms or side effects caused by my medicine?

Tell your doctor or nurse if you do not think your medicine is helping.

