



Medications & Blood Pressure

What do you need to know about medications?

When your blood pressure is 140 or higher for your systolic pressure (top number) OR 90 or higher for your diastolic pressure (bottom number), your healthcare provider will likely prescribe medication, in addition to lifestyle modifications. You may need more than one type of prescription medication to keep your blood pressure at a healthy level.

What if I'm not comfortable taking medications?

Although it may require some adjustments, your healthcare provider has your best interest in mind. Follow your recommendations carefully, even if it means taking medication every day for the rest of your life. Following your healthcare provider's advice is the best way to reach your treatment goals and enjoy the benefits of better health.

What if I prefer a natural approach?

Take prescriptions if they have been written for you. Eating a heart-healthy diet, enjoying regular physical activity, and limiting alcohol should be part of your plan for lowering blood pressure — even if you're taking medication — but a healthy lifestyle may not eliminate the need for medications. There is no short cut that can substitute for the medications that have been carefully studied and monitored for prescription use. Follow your healthcare provider's advice.

How can I remember to take my medication?

Don't wait for a serious health event to remind you to take your medicine! Instead, make a plan. If needed, fill a weekly medication dispenser and take your prescriptions at the same time every day, using an alarm if it helps. As you adjust to the new routine, you will see your numbers go down. Remind yourself that by managing your blood pressure, you are lowering your risk of heart attack, stroke, and kidney disease. Death rates from these diseases have decreased significantly, thanks in part to earlier and better treatment of high blood pressure.

How long will I be on medication?

Most people with high blood pressure take medications for life. Managing blood pressure is a lifelong commitment, do your part starting today for yourself and for those you love. Listen to your doctor, engage with the providers available to you through SentryHealth, and act on the information to live a heart-healthier life.

Keeping Track / Developing a System

Keeping track of your prescribed medications can be challenging — especially if you're taking several different medicines. Writing things down will make managing your medications a lot easier. Have a printed copy of your medications list and let a friend or family member know what medications you take.