

LET'S TALK ABOUT BLOOD PRESSURE.

PATIENT-PHARMACIST CONVERSATION RECORD

This document summarises the conversation you had with your pharmacist. It allows you to review key information provided about your risk of developing high blood pressure, or of your condition worsening if you have already been diagnosed. It can also support further discussions with your doctor about your health.



What is hypertension?



It's more than high blood pressure.

Hypertension, or high blood pressure, is a common but serious condition in which the force of the blood against the artery walls is too high. It **affects 1 in 3 adults worldwide**¹. Globally, approximately 1.4 billion adults between the ages of 30 and 79 are affected by hypertension, with the majority—around two-thirds—residing in low- and middle-income nations.²

Although it often has no symptoms, high blood pressure is a leading cause of serious health problems, including stroke, heart attack, heart failure, kidney damage, and many other health problems.^{3,4} Because it can quietly damage the body without any warning signs, it is often called the “**silent killer**”.

High blood pressure is the single most important risk factor for early death worldwide, contributing to millions of preventable deaths each year.³ It causes more deaths than other well-known risk factors such as tobacco use, high blood sugar, lack of physical activity, and alcohol consumption.²

Despite its seriousness, **hypertension can be effectively managed and controlled**. It is important to maintain regular communication with your pharmacist, physician, or other healthcare provider, and to work together to understand and follow the best strategies to prevent and manage high blood pressure.

For patients who may be at risk of developing hypertension

Why am I at risk of developing hypertension?

Hypertension can develop when certain factors affect your heart and blood vessels over time. There is usually no single cause for the development of hypertension, but it is often associated with eating habits, lifestyle and certain medical conditions. Some factors are considered modifiable (i.e., open to change through intervention), while others are non-modifiable.

Knowing these risk factors is important because it allows you and your healthcare provider to take proactive steps to prevent or delay the onset of hypertension. Making lifestyle changes, such as eating a balanced diet, exercising regularly, and managing stress, can significantly reduce your risk⁵.

This leaflet has been shared with you because your pharmacist believes it may be helpful for you to discuss your individual risk with your doctor. If you do not have a medical provider, ask your pharmacist about the next steps.

Sharing this information with your family may also help support a healthier lifestyle for everyone.



YOU MAY BE AT RISK OF DEVELOPING HYPERTENSION IF YOU HAVE ONE OR MORE OF THE FOLLOWING:^{2,4}

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(To be completed in discussion with your pharmacist)

MODIFIABLE RISK FACTORS

- ☐ Tobacco use
- ☐ Overweight or obesity
- ☐ Sedentary lifestyle
- ☐ High salt intake
- ☐ Diet high in fat and low in fruit and vegetables
- ☐ Excessive alcohol intake
- ☐ Chronic stress
- ☐ Poor sleep quality
- ☐ High cholesterol
- ☐ Other medical conditions (e.g., diabetes, kidney disease)
- ☐ Use of certain medications (e.g., NSAIDs, corticosteroids, oral contraceptives, nasal decongestants)

NON-MODIFIABLE RISK FACTORS

- ☐ Older age
- ☐ Ethnicity (higher prevalence in black individuals)
- ☐ Family history of hypertension

☐ Other: _____

Comment: _____

Staff name: _____

Date: _____

For patients who have been diagnosed with hypertension

Why am I at risk of worsening hypertension?

Several factors can contribute to your blood pressure becoming uncontrolled or worsening over time. However, people with hypertension may not always notice gradual changes or symptoms, and may mistakenly consider these changes as normal.

Hypertension is a major risk factor for the development of serious health complications. Although arteries are naturally elastic, persistently high blood pressure over a long period can cause irreversible damage to blood vessels, making them rigid or narrow. This forces the heart to work harder to circulate blood throughout the body. The higher your blood pressure, the greater the risk to your overall health.

If left untreated, hypertension can lead to complications such as kidney disease, vision loss, heart attack, heart failure, and stroke.

This leaflet has been shared with you to support a conversation with your doctor about your health. An initial assessment by your pharmacist suggests that you may be at risk of your hypertension worsening. Your pharmacist can help identify and document the factors that may increase this risk.

If you do not yet have a healthcare provider, please ask your pharmacist for guidance on the next steps. Sharing this information with your family can also be helpful in managing your health effectively.

YOU MAY BE AT RISK OF NEW OR WORSENING SYMPTOMS OF HYPERTENSION IF YOU HAVE ONE OR MORE OF THE FOLLOWING:⁵

(To be completed in discussion with your pharmacist)

☐ Cardiovascular disease (e.g., heart disease or stroke)

☐ Diabetes (high blood sugar)

☐ Chronic kidney disease

☐ High risk for cardiovascular disease

☐ Other: _____

Comment: _____

Staff name: _____

Date: _____

Why is it important to report your symptoms?

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The symptoms of hypertension are often mild or may go unnoticed, especially in the early stages.⁵ Many people with high blood pressure may not feel any obvious changes or may become used to feeling unwell without realising it's related to their condition.

Because uncontrolled hypertension can lead to serious complications affecting the heart, brain, kidneys, and other organs,⁴ it is essential to promptly report any unusual symptoms⁵ — such as headaches, dizziness, blurred vision, chest pain, or other signs — to your pharmacist or doctor.

Early reporting and timely management can help prevent complications and improve your overall health.

I am a patient who is:

- ☐ At risk of developing hypertension
- ☐ Diagnosed with hypertension and at risk of it becoming uncontrolled

I HAVE THESE SYMPTOMS:

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(To be completed in discussion with your pharmacist)

- ☐ Severe headaches
- ☐ Chest pain
- ☐ Dizziness or light-headedness
- ☐ Difficulty breathing
- ☐ Nausea and/or vomiting
- ☐ Blurred vision or other vision changes
- ☐ Anxiety
- ☐ Confusion
- ☐ Buzzing in the ears
- ☐ Nosebleeds
- ☐ Palpitations or irregular heartbeat

Why is early detection and treatment of hypertension important?^{4,5}



Hypertension is often called a “**silent killer**” because it may not cause noticeable symptoms for many years. However, if left undetected and untreated, high blood pressure can lead to serious complications such as heart disease, stroke, kidney failure, and loss of vision.

Early diagnosis and effective management of hypertension are essential to reduce these risks. Taking action through lifestyle changes and treatment can help control blood pressure, slow the progression of the condition, and lower the chance of serious health problems.

If you have not had your blood pressure checked regularly, it is important to speak to your healthcare provider for assessment and timely intervention.



Hypertension – Getting diagnosed early

High blood pressure can only be identified through a proper blood pressure measurement performed by a healthcare provider. The process is quick, simple and painless. While it is possible to check your blood pressure at home using an automated monitor, a professional assessment is still essential to evaluate your overall cardiovascular risk and to detect any related health issues.²

Regular monitoring helps your doctor assess how well your blood pressure is controlled and determine the best treatment plan for you.



Hypertension – Frequent check-ins for better control

Since high blood pressure often has no obvious symptoms, regular follow-ups with your doctor or pharmacist are essential to ensure it remains well controlled. These frequent check-ins help track how your treatment is working and allow for adjustments when needed — especially if there are changes to your lifestyle, medication, or overall health.



What can you do to reduce your risk of developing hypertension or worsening high blood pressure?

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What you can do now^{2,6}

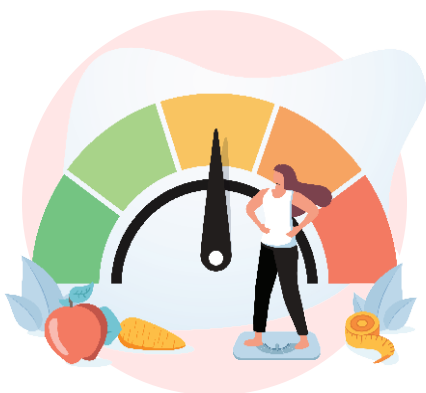
- **Monitor and control your blood pressure regularly** — at home, at the pharmacy, or during clinic visits.
- **Follow a heart-healthy diet**, rich in fruit, vegetables, wholegrains and lean protein, and low in salt, saturated fat and processed foods.
- **Maintain a healthy weight** — even a small amount of weight loss can improve your blood pressure.
- **Limit alcohol consumption and stop using tobacco** — both can help lower your blood pressure.
- **Stay physically active** — aim for at least 150 minutes of moderate exercise per week.
- **Manage stress** with relaxation techniques such as breathing exercises, meditation, yoga or by connecting with support networks.
- **Understand your medicines** — take them as prescribed, know why they are important, and ask for advice if you find it hard to take them regularly.
- **Attend regular check-ups** with your healthcare provider to review your treatment and screen for related conditions such as diabetes or high cholesterol.

References:

1. World Health Organization (WHO). First WHO report details devastating impact of hypertension and ways to stop it [Internet]. 19 September 2023 [accessed: 10 July 2025]. Available at: <https://www.who.int/news/item/19-09-2023-first-who-report-details-devastating-impact-of-hypertension-and-ways-to-stop-it>
2. World Health Organization (WHO). Hypertension [Internet]. 25 September 2025. [accessed: 16 October 2025]. Available at: <https://www.who.int/news-room/fact-sheets/detail/hypertension>
3. Forouzanfar MH, Liu P, Roth GA, et al. Global burden of hypertension and systolic blood pressure of at least 110 to 115 mmHg, 1990-2015. JAMA. 2017 Jan 10;317(2):165-182. DOI: 10.1001/jama.2016.19043.
4. GBD 2019 Risk Factors Collaborators. Global burden of 87 risk factors in 204 countries and territories, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. Lancet. 2020 Oct 17;396(10258):1223-1249. DOI: 10.1016/S0140-6736(20)30752-2.
5. Ordem dos Farmacêuticos. Hypertension: control and prevention. [Internet]. 25 November 2024. [accessed: 03 July 2025]. Available at: <https://www.ordemfarmaceuticos.pt/pt/noticias/detalhes.php?id=3409>.
6. American Heart Association. How to manage high blood pressure. [Internet]. [accessed: 03 July 2025]. Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure>.

LIFESTYLE MODIFICATION ADVICE

Patients should be clearly informed about the following lifestyle recommendations:



LOSING EXCESS WEIGHT



**EATING A HEALTHY AND
BALANCED DIET**



LIMITING SALT (SODIUM) INTAKE



**ENGAGING IN REGULAR
PHYSICAL ACTIVITY**



**REDUCING OR QUITTING ALCOHOL
CONSUMPTION**



STOP USING TOBACCO PRODUCTS

**BLOOD PRESSURE CONTROL STARTS WITH YOU –
AND YOUR PHARMACIST IS HERE EVERY STEP OF THE WAY.**

MY HYPERTENSION TREATMENT PLAN

A guide to help you track your treatment and stay on top of your heart health.

This guide was created for you — to help keep your blood pressure within a healthy range. Your pharmacist and doctor can help you fill it in.

If you're ever unsure about anything, just ask — they're here to support you.

Patient information	Emergency contact	Doctor contact information	Risk factors
Name:	Name:	Doctor's name:	Cardiovascular risk:
Date of birth:	Phone:	Institution/Clinic:	Diabetes: ☐ Yes ☐ No
History:	Relationship:	Phone:	Tobacco use: ☐ Yes ☐ No

"You have the power to lower your risk"

Talk to your pharmacist and doctor about your treatment and lifestyle choices.

TARGET BLOOD PRESSURE:

_____ mmHg / _____ mmHg

MY MEDICATIONS:

Use this table to keep track of your blood pressure medicines — how they have been prescribed, whether you're taking them as instructed, and any issues you may be experiencing

Medicine name	Prescribed dose and schedule	Am I taking it as prescribed?	If you're not taking a medicine as prescribed, use this space to write why*
		☐ Yes ☐ No	
		☐ Yes ☐ No	
		☐ Yes ☐ No	
		☐ Yes ☐ No	

***Here are some common reasons:**

- Cost
- I forget
- Side effects
- Not sure why I need it
- Schedule is hard to follow
- Other (please specify)

MY LIFESTYLE GOALS AND PRECAUTIONS:

Use this table to review important lifestyle goals that can help control your blood pressure. Your pharmacist or doctor can help you understand which goals are right for you, any precautions to consider, and provide additional advice.

Which precautions should I take?	I am ready to work on this goal	Additional information / notes
Losing excess weight	☐	
Eating a healthy, balanced diet	☐	
Limiting salt intake	☐	
Being physically active	☐	
Limiting alcohol consumption	☐	
Stopping tobacco use	☐	
Taking medication as prescribed	☐	
Managing stress levels	☐	
Getting good-quality sleep	☐	
Other: _____	☐	

HOW TO MEASURE BLOOD PRESSURE

30 MINUTES BEFORE MEASURING YOUR BLOOD PRESSURE

- Do not smoke
- Do not exercise
- Do not drink caffeinated beverages (e.g., tea, coffee, cola)
- Do not drink alcohol

WHEN AND HOW TO TAKE READINGS

- Measure your blood pressure twice a day using the same arm – once in the morning before taking your medication, and once in the evening before your meal.
- For each measurement, take two readings, 1 to 2 minutes apart, and record the average

REST AND PREPARE PROPERLY

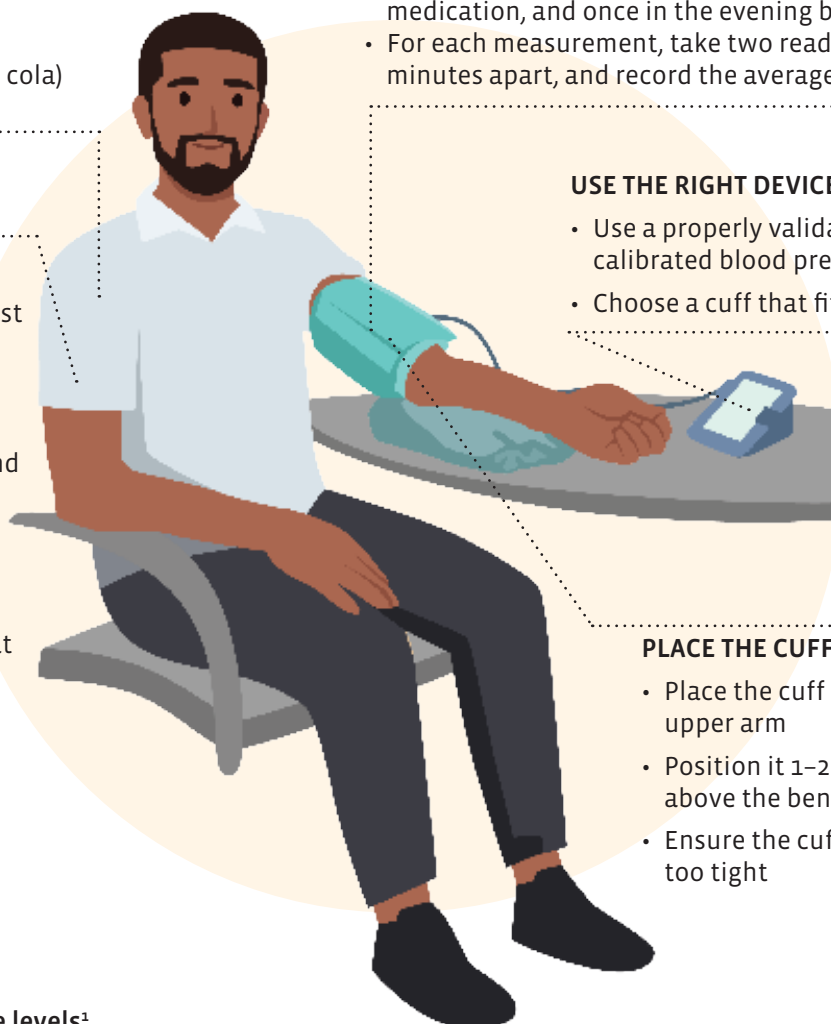
- Sit quietly and rest for at least 5 minutes in a calm room
- Sit upright with your back straight and supported
- Keep feet flat on the floor and legs uncrossed
- Do not talk, move or engage in any activity during the measurement
- Rest your arm comfortably at heart level on a flat surface

USE THE RIGHT DEVICE AND CUFF

- Use a properly validated and calibrated blood pressure monitor
- Choose a cuff that fits your arm size

PLACE THE CUFF CORRECTLY

- Place the cuff on the bare upper arm
- Position it 1–2 finger widths above the bend of the elbow
- Ensure the cuff is snug but not too tight



Recommended blood pressure levels¹

Blood pressure category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/ or	Higher than 120

BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS A CRISIS!

- Wait a few minutes and recheck your blood pressure.
- If your blood pressure is still high and there are no other signs or symptoms, seek advice from your healthcare professional immediately.
- If you are experiencing signs of possible organ damage – such as chest pain, shortness of breath, back pain, numbness or weakness, changes in vision, or difficulty speaking – **CALL THE EMERGENCY NUMBER IMMEDIATELY.**

References:

1. American Heart Association. Home blood pressure monitoring. [Internet] 2024 [accessed: 18 July 2025]. Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>.
2. Goupil R, Tsuyuki RT, Santesso N, et al. Hypertension Canada guideline for the diagnosis and treatment of hypertension in adults in primary care. CMAJ. 2025 May 25;197(20):E549-E564. DOI: 10.1503/cmaj.241770.

BLOOD PRESSURE MONITORING RECORD

HOW TO MEASURE YOUR BLOOD PRESSURE AT HOME

To keep your blood pressure under control, it's important to measure it twice a day:

- **Once in the morning**, before taking your medication
- **Once in the evening**, before your evening meal

Before measuring your blood pressure:

- Avoid tea, coffee, or tobacco for **at least 30 minutes** beforehand
- Rest quietly in a seated position for **5 minutes**
- Sit with your **back supported**, feet flat on the floor, and your **arm supported at heart level** during the measurement

For detailed instructions, please refer to the "How to measure blood pressure" poster provided by your pharmacist.

PATIENT DETAILS

Patient information	Emergency contact	Doctor contact information	Risk factors
Name:	Name:	Doctor's name:	Cardiovascular risk:
Date of birth:	Phone:	Institution/Clinic:	Diabetes: ☐ Yes ☐ No
History:	Relationship:	Phone:	Tobacco use: ☐ Yes ☐ No

RISK FACTOR (PLEASE TICK ALL THAT APPLY)

Age	☐
Tobacco use	☐
Physical inactivity	☐
Diabetes	☐
Unhealthy diet	☐
High cholesterol	☐
Overweight / Obesity	☐
Family history of cardiovascular disease	☐
High stress levels	☐
Other: _____	☐

ADDITIONAL HEALTH INFORMATION

Measurement	Value
Total Cholesterol	
HDL Cholesterol	
Fasting Blood Glucose	
HbA1c (Glycated Haemoglobin)	
Other: _____	

BLOOD PRESSURE MONITORING

[illegible]