

Medication Adherence Discussion Guide

High Blood Pressure

Having high blood pressure increases your risk for certain conditions, which is why it is important to take your blood pressure medications as prescribed. Be sure to:

- Fill and pick up your prescriptions on time
- Never skip a dose of your medication
- Never cut or split your medications, unless your doctor tells you to do so
- Get your doctor's permission before making any changes to your medication routine

Possible Complications if You Do Not Manage Your High Blood Pressure

Stroke

High blood pressure can strain the blood vessels in your brain. Weakened blood vessels may have trouble delivering oxygen and nutrients to your brain. This increases your risk of a stroke.

A stroke can cause permanent damage, including paralysis or damage to important nerves in your hands, restricting or eliminating function. It can even lead to death.

Heart Failure

High blood pressure makes your heart work harder to circulate blood through your body. This strain on your heart can keep it from working efficiently.

Heart failure can lead to serious health problems, including chronic fatigue and difficulty breathing. It can even lead to death.

Kidney Damage

Uncontrolled high blood pressure can cause injury to the blood vessels in your kidneys, which can lead to kidney disease or kidney failure.

Damaged kidneys may not be able to remove waste from the body. This may lead to dialysis or a kidney transplant.

When your blood pressure is not properly controlled, serious complications can occur. Taking your medications as prescribed can help prevent a stroke, heart failure and kidney damage.