

## Good Resources on Hypertension

Your health care providers give you a lot of great information to help you stay as healthy as possible. But sometimes you have more questions than your provider has time for answers. Here are some resources you can use to learn more about hypertension. Use the worksheet on the back to prepare for your clinic visit.

---

### Books



Check with your local VA hospital or public library to find good titles.



### Pictures

Effect of High Blood Pressure on Your Body  
<http://www.nhlbi.nih.gov/hbp/hbp/effect/effect.htm>

High Blood Pressure Tutorial  
<http://nihseniorhealth.gov/highbloodpressure/toc.html>

### Web Information



American Heart Association: High Blood Pressure  
<http://www.hearthub.org/hc-high-blood-pressure.htm>

National Heart, Lung, and Blood Institute: What is High Blood Pressure?  
<http://www.nhlbi.nih.gov/health/health-topics/topics/hbp/>

MedlinePlus: High Blood Pressure  
<http://www.nlm.nih.gov/medlineplus/highbloodpressure.html>

American Academy of Family Physicians:  
Blood Pressure Monitoring at Home  
<http://familydoctor.org/familydoctor/en/diseases-conditions/high-blood-pressure/diagnosis-tests/blood-pressure-monitoring-at-home.html>

### Associations



American Heart Association  
<http://www.hearthub.org/>

National Heart, Lung, and Blood Institute  
<http://www.nhlbi.nih.gov/index.htm>

**The Consumer Health Library Panel (CHLP), a group of professional librarians from the VA Library Network, developed this for you. You can find other information from the CHLP on the web at [http://www.va.gov/VALNET/Consumer\\_Health.asp](http://www.va.gov/VALNET/Consumer_Health.asp)**

**Remember that your VA Librarians can help you find the health information you need.**

# TeamTalk

## You and Your Health Care Team

**You** are a key part of your health care team, and it is important to tell your team members what they need to know to treat you correctly. To make the most of your visits, fill out this worksheet and share it with your health care team at the **beginning** of your visit.

I am here today because: \_\_\_\_\_

\_\_\_\_\_

I am most concerned about (symptom or health question): \_\_\_\_\_

\_\_\_\_\_

My symptoms are (be specific): \_\_\_\_\_

\_\_\_\_\_

The symptoms started: \_\_\_\_\_

\_\_\_\_\_

I want to know more about: \_\_\_\_\_

\_\_\_\_\_

Use this space to list your top 3 questions (be brief; put your most important question first):

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Key points my health care provider told me about my health today: \_\_\_\_\_

\_\_\_\_\_

Actions I need to take: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I plan to go to my VA Librarian and ask about (ask a member of your team to print the name of the disease or medicine you want to know more about): \_\_\_\_\_

\_\_\_\_\_