

A group of diverse people, including men and women of various ethnicities, are shown from the chest up, smiling and raising their arms in a celebratory gesture. They are wearing athletic wear like tank tops and t-shirts. The background is a bright, out-of-focus outdoor setting with greenery.

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Forgetting to take your blood pressure medication?

It's not always easy to remember to take your blood pressure medication, but it's vital that you do: If you have high blood pressure, or hypertension, medications can lower blood pressure and help prevent serious health conditions, including heart attack, stroke, kidney disease, and congestive heart failure.

Get in the Habit of Taking Your Blood Pressure Medication

If you often skip doses of your blood pressure medication or you don't take it as recommended, your hypertension could get out of control. The following tips to help you remember to take your blood pressure medication regularly:

Remind yourself why you're taking blood pressure medication. "Take a step backward and say to yourself, 'Why am I taking this medication to begin with?'" says David Meyerson, MD, JD, director of cardiology consultation services at Johns Hopkins Bayview Medical Center and national spokesperson for the American Heart Association. He recommends that you think about why your doctor wrote you a prescription for blood pressure medication in the first place, and use that answer as motivation. Another motivator: Family history. Many people with high blood pressure have family members who have had strokes or heart attacks. "You have to understand that history will repeat itself unless we do something to interrupt it," says Meyerson.



Keep your prescription filled. Another common reason that people miss doses of their blood pressure medication is because they run out before getting a refill. "Plan ahead so that you don't run out," says Meyerson. To help you with this, try making a note in your calendar when it is time to re-order and pick up your prescription.

"Everybody that I have ever heard of that takes a medication misses a dose from time to time," says Meyerson. If you miss a single dose of blood pressure medication, it is usually not a problem. But it is important not to get off track about taking your blood pressure medication since regular doses can help lower blood pressure and reduce the chances that you will have blood pressure-related health problems.

"What you don't want to do when you miss a dose is to double up the next time," Meyerson says. If you remember at lunchtime that you missed your morning dose, it is fine to take it then, says Meyerson, but if it is late at night or the next morning that you realize it, you should resume taking your medication as directed.

Says Meyerson, "The most important thing is to get back on your regular routine."

Source: <https://www.everydayhealth.com/hypertension/treating/tips/remember-your-blood-pressure-meds.aspx>

**To reach a Behavioral Health or Work/Life Expert, contact eni at:
1.800.327.2255**