

Dialogue with the Doctor

Doctor: Hi Becky. I see you are here _____ to _____ hypertension.

Patient: Yes. I came for my annual checkup last week, and the nurse said my blood pressure is high. I do not feel sick, though.

Doctor: Your _____ is _____ over _____, which is high. Many people with hypertension do not _____ sick.

Patient: If I do not feel sick, why do I need to worry about high blood pressure?

Doctor: _____, or high blood pressure, can cause many serious _____ like heart attack, _____ and kidney failure. If you do _____ treat high blood pressure you can die _____ one of these problems.

Patient: How do I treat my high blood pressure?

Doctor: Your blood pressure is _____, so I think you should try a daily _____.

Patient: I have to take the medicine every day?

Doctor: Yes, you take the medicine _____ time _____ day.

Patient: I really do not like to take medicine every day. Is there something else I can do?

Doctor: I understand that it is inconvenient to _____ medicine every day, but I want you to understand your risks. If you do not _____ your blood pressure you are at _____ for a _____ or a stroke.

Patient: I see...

Doctor: If you want to try to control your blood pressure _____ medication you need to make some very major _____ in your lifestyle. You need to _____ weight. You must _____ smoking and you must begin to exercise for _____ minutes every day. You should _____ less salt and more _____ and vegetables. Do you think you _____ make these changes?

Patient: Yes, I would like to try.



Doctor: Let's try for _____ months. If you can stop smoking, exercise and lose some _____ you may be able to control your blood pressure. If your blood pressure does not go _____, though, you will _____ to take medication.

Patient: That sounds good.

Doctor: I will give you a _____ to a dietician. The dietician can _____ you to make a plan to lose weight. The dietician will also _____ you about a healthier _____.

Patient: Thank you, Doctor. I will see you in three months.

