

CDC Vital Signs

Blood Pressure Medicines Don't Work if People Don't Take Them.

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

About 70 percent of U.S. adults, age 65 or older, have high blood pressure and only about half have it under control. Blood pressure medicine can protect the heart, brain, and kidneys, but many people aren't taking it as directed. This means they may skip doses or stop taking it altogether.

To help patients, health care systems can:

- Involve the entire healthcare team to ensure patients are taking medicine as directed;
- Simplify blood pressure treatment by prescribing 90-day refills and combination medicines;
- Coordinate pill refills and prescribe generic medicines;
- Encourage the use of home blood pressure monitors;
- And also address financial barriers, such as high co-pays and deductibles.

Patients:

- Follow your healthcare team's instructions on how much medicine to take, how often, and how long to take it;
- Ask questions about how to correctly take your medicines and why you need them;
- Use weekly pill boxes or a reminder system to keep track of when to take medicine.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.