

CARDIAC CARE

Understanding Your Heart Medicines



Some people need medicine to help manage heart disease and high blood pressure. These medicines:

- Make it easier for your heart to pump
- Make your heart muscle stronger
- Get rid of excess fluid and sodium from your body.

Your doctor may prescribe some of these medications. When used as directed, the right medicine can help improve the quality of your life. Heart medication can be confusing. Your doctors and health care professionals are there to help you. Never be afraid to ask questions. Most people who are successfully treated with medicine live a long and healthy life.

COMMONLY PRESCRIBED HEART MEDICATIONS

Ace Inhibitors

- Helps blood flow easily through the body to lower blood pressure
- examples - lisinopril, vasotec, captopril

Beta Blockers

- May strengthen the heart muscle by lowering blood pressure and heart rate
- examples - atenolol, metoprolol, inderal, carvedilol

Calcium Channel Blockers

- Helps prevent abnormal heart beats and lower blood pressure
- examples - norvasc, cardizem, procardia, verapamil

Cardiac Glycosides

- Helps the heart beat stronger and keep a regular rhythm
- examples - digoxin

Diuretics (Water Pill)

- Helps the body remove excess fluid and sodium
- examples - lasix, bumex, zaroxolyn

Lipid Lowering

- Lowers cholesterol in the body
- examples - mevacor, pravachol, simvastatin

Nitrates

- Prevents chest pain by allowing blood to flow more easily
- examples - nitroglycerine, isosorbide

TIPS FOR TAKING YOUR MEDICATIONS CORRECTLY

It's important to know:

- Name of the medication
- How it works
- Dosages (how much)
- How often to take
- Time of day to take
- If you need to take it with food
- What foods to avoid when taking
- How to store it
- If there are any side effects
- If you can take when pregnant



FOR MORE INFORMATION about cardiac health, call Care Management 1.800.414.6641 (TTY: 1.800.473.0989).

