

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).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ ភាសាស្រីលាវ និងភាសាស្រីប៊្រាស៊ីលីយ៉ា។ ប្រសិនបើអ្នកមានបញ្ហាខាងការស្តាប់សំឡេង ឬមានបញ្ហាផ្សេងៗទៀត សូមទូរស័ព្ទមកទៅខាងសេវាសម្រាប់អ្នកមានបញ្ហាស្តាប់សំឡេង 1.800.414.9025 (លេខពិសេស: អ្នកមានបញ្ហាស្តាប់សំឡេង 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).

