



BLOOD PRESSURE MEDICATIONS

Many people with hypertension take more than one type of medication to control their blood pressure. Below are some of those medications as well as how and why they work.

ACE Inhibitors dilate or widen the blood vessels. They increase the flow of blood and decrease the amount of work the heart has to do. Meds in this class are lisinopril, captopril, enalapril, benazepril.

Angiotensin II Receptor Blockers (ARB) prevent the uptake of enzymes in the body. These enzymes constrict blood vessels and increase the amount of work the heart has to do to circulate the blood. Meds in this class are: candesartan, losartan, olmesartan, valsartan.

Beta Blockers work to affect the response of the heart and blood pressure. This results in a decreased need for blood and oxygen by the heart and a reduced work load on the heart. Meds in this class include carvedilol, metoprolol, bisoprolol.

Diuretics make you urinate more often to get rid of extra fluid. The heart doesn't have to work as hard if there is less fluid in circulation. Meds in this class include furosemide, bumetanide, chlorthiazide, hydrochlorothiazide, metolazone, torsemide, triamterene.

Calcium Channel Blockers block the calcium within the blood vessels and heart. Calcium makes the muscles squeeze tight. When calcium is blocked, the blood vessels and heart can relax so more oxygen is delivered to the muscles. Meds in this class include diltiazem, amlodipine, nifedipine.

Your medications need to be a part of your daily routine!!!

Tips to remember to take your medications:

1. Use a pillbox with sections for different times of the day. There are even pill boxes that have a timer built in to remind people of medications.
2. Always carry a list of current medications, including all over the counter meds and supplements.
3. Make sure to refill medications so you do not run out and have to miss doses.
4. Read about potential side effects of medications and report the occurrence of symptoms to your doctor.
5. Being consistent with medications is essential to blood pressure control. Do not make changes to your medication routine without discussing it with your doctor.



The Medical Center of Plano