

Medicine for High Blood Pressure

FACTS:

- Many people with high blood pressure may take more than one medicine to keep their blood pressure low.
- Some medicines can cause side effects or reactions, which can be corrected. If this happens, talk to your doctor.
- Eating more fruits and vegetables, cutting back on salt and sodium, losing weight, and being physically active can help your medicines work better.

Type	How it works	What you need to know
Diuretics or "water pills"	Help your kidneys clear excess fluid and sodium from your body, which allow the blood vessels to widen to reduce your blood pressure.	<ul style="list-style-type: none">• The doctor may give you potassium pills to offset the loss of potassium. Take the medicine as the doctor tells you.• The doctor may give you a diuretic alone or in combination with another blood pressure lowering medicine.
Beta blockers	Makes the heart beat slower and with less force, which helps the blood pressure go down.	<ul style="list-style-type: none">• Avoid beta blockers if you have asthma or a problem with your lungs.• Do not stop the beta blocker medicine all at once. It can lead to a very large rise in blood pressure and increase your chance of a heart attack.
ACE* inhibitors and ARBs**	Blocks a substance in the blood that causes your blood vessel to tighten, thus relaxing the blood vessel, which lowers blood pressure.	<ul style="list-style-type: none">• Your doctor will check your kidneys and watch your blood pressure closely.• Not to be taken if pregnant.
Calcium channel blockers	Prevent calcium from entering the muscle cells of the heart and blood vessels. This action causes the blood vessels to relax, open wider, and lower the blood pressure.	<ul style="list-style-type: none">• Talk to your doctor before taking any allergy medicine.

Other types of medicines: There are many other medicines available to control your high blood pressure. Talk to your doctor to learn more about your high blood pressure treatment plan.

*ACE (angiotensin–converter enzyme)

**ARBs (angiotensin–receptor blockers)