

Type of Medication	How They Work	Why They Are Prescribed	Side Effects
ACE Inhibitors (angiotensin-converting enzyme)	<ul style="list-style-type: none"> • Open up arteries • Reduce water retention • Make it easier for the heart to pump blood • Deliver more blood to the coronary arteries 	<ul style="list-style-type: none"> • Prescribed to those with known hypertension • Serve as additional aids in preventing heart attack and stroke • Safe for patients with kidney disease or diabetes 	<ul style="list-style-type: none"> • Headaches • Dizziness • Fainting • Dry cough • Dry mouth, or salty or metallic taste in mouth <p>Call your doctor immediately if you experience:</p> <ul style="list-style-type: none"> • Wheezing • Swelling
ARBs (Angiotensin-receptor blockers)	<ul style="list-style-type: none"> • Cause arteries to dilate • Reduce water retention 	<ul style="list-style-type: none"> • Prescribed to patients who cannot tolerate ACE inhibitors • Commonly recommended to prevent heart attack and stroke • Safe for patients with kidney disease or diabetes 	<ul style="list-style-type: none"> • Dizziness • Fainting • Fatigue • Headache <p>Call your doctor immediately if you experience:</p> <ul style="list-style-type: none"> • Swelling • Skin rash • Hives
Beta blockers	<ul style="list-style-type: none"> • Slow the heart rate • Decrease the strength of heart contraction • Reduce the amount of blood, oxygen, and nutrients needed by the heart • Reduce the workload of the heart 	<ul style="list-style-type: none"> • Prescribed to patients younger than 60 years of age who already have established heart disease • Serve as additional prevention in heart attack and stroke • Very important medication for heart disease patients 	<ul style="list-style-type: none"> • Tiredness, including with exercise • Changes in sleeping patterns • Changes in libido <p>Call your doctor immediately if you experience:</p> <ul style="list-style-type: none"> • Any kind of breathing difficulties (especially patients prone to asthma)

Diuretics (or “water pill”)	<ul style="list-style-type: none"> • Work in the kidneys • Increase urination • Reduce: <ul style="list-style-type: none"> a. Swelling in legs b. Fluid retention c. Blood pressure 	<ul style="list-style-type: none"> • Preventive for heart attack and stroke • Often prescribed to patients with kidney disease or diabetes 	<ul style="list-style-type: none"> • Dizziness • Dry mouth • Thirst • Nausea <p>Call your doctor immediately if you experience:</p> <ul style="list-style-type: none"> • Hives • Difficulty breathing • Swelling of the face, lips, throat
Calcium channel blockers	<ul style="list-style-type: none"> • Relax muscle of the heart • Cause arteries to open up • Reduce: <ul style="list-style-type: none"> a. Angina b. Hypertension c. Abnormal heart rhythms d. Workload of the heart 	<ul style="list-style-type: none"> • Preventive for heart attacks and stroke 	<ul style="list-style-type: none"> • Constipation • Nausea • Headache • Swelling of the legs • Dizziness <p>Call your doctor immediately if you experience:</p> <ul style="list-style-type: none"> • Chest pain that occurs more frequently • Severe dizziness • Irregular heartbeats or very slow heartbeats

It is important to consider that different medications may work better for different people.

Blood pressure medications rarely change how you feel and have little or no side effects; however, side effects may still occur and could be serious.

If you think you are experiencing any type of abnormal reaction to your medication, it is important to consult your doctor immediately.

It is also very important to be patient when beginning blood pressure medications as it may take up to six weeks before any changes occur.