



Heart Medications

Statins

What they do:

- Decreases your blood cholesterol
- Prevents heart attacks and strokes
- Proven to save lives

Circle the medicine you take:

Lipitor (atorvastatin)

Zocor (simvastatin)

Pravachol (pravastatin)

Other: _____

Beta Blockers

What they do:

- Help protect the heart from beating too fast
- Proven to save lives
- Used for people who have high blood pressure, recurrent chest pain, or previous heart attacks

Circle the medicine you take:

Lopressor (metoprolol)

Toprol (metoprolol)

Coreg (carvedilol)

Zebeta (bisoprolol)

Other: _____

ACE INHIBITORS or ARBs

What they do:

- Relaxes blood vessels (arteries) so your heart pumps better
- Proven to save lives
- Used for people who have high blood pressure, diabetes, kidney problems, or previous heart attacks or heart failure

Circle the medicine you take:

Altace (ramipril)

Vasotec (enalapril)

Zestril (lisinopril)

Cozaar (losartan)

Atacand (candesartan)

Diovan (valsartan)

Other: _____

(over, please.)

Platelet Blockers

What they do:

- Keeps your blood thin and prevents it from clogging your blood vessels
- Prevents heart attacks and strokes
- Proven to save lives

Circle the medicine you take:

Aspirin

Plavix (clopidogrel)

Coumadin (warfarin)

Other: _____

Some medications can keep your heart healthy

Your doctor may prescribe different medicines (pills) to keep your heart healthy. You may need to take several pills that work in different ways. Each medicine comes with its own instructions or rules. Some of these medicines are explained here. Take this sheet with you to your next doctor's appointment.

Ask your doctor to check off and discuss with you the medications that you may be taking.

Source: Indiana Chronic Disease Management Program