



# Types of Pills for Your Heart

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## ACE Inhibitors

**What they do:**

- Relaxes your blood vessels (arteries) so your heart pumps blood better
- Many people take this medicine to lower blood pressure
- Even if your blood pressure is not high, this medicine can help your heart work better
- Proven to save lives

**What they are called:**

Altace (ramipril)  
Vasotec (enalapril)  
Capoten (captopril)  
Zestril (lisinopril)  
Prinivil (lisinopril)  
Monopril (fosinopril)

## ARB Medicines

**What they do:**

- Helps prevent the blood pressure from going too high
- Blocks a chemical in the blood that raises blood pressure

**What they are called:**

Atacand (candesartan)  
Avapro (irbesartan)  
Cozaar (losartin potassium)  
Diovan (valsartan)

## Beta Blockers

**What they do:**

- Helps protect the heart from beating too fast
- Carvedilol also relaxes the blood vessels to allow the heart to pump blood better
- Proven to save lives

**What they are called:**

Coreg (carvedilol)  
Lopressor (metoprolol)  
Toprol (metoprolol)  
Zebeta (bisoprolol)

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## Diuretics (water pills)

### What they do:

- Helps your body get rid of extra salt and water
- Increases urine production
- Lowers blood pressure by relaxing the blood vessels

### Circle the medicine you take:

Lasix (furosemide)  
Zaroxolyn (metolazone)  
HCTZ (hydrochlorothiazide)  
Demadex (torsemide)

## Types of high blood pressure pills and how they work

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There are different types of pills that people with high blood pressure use. Many people need to take 2 or more of these medicines to help control their blood pressure. The information to the right can help you understand how some different pills work.

There are four different groups. Each brand name drug is listed with the generic name in parentheses.

*Source: Indiana Chronic Disease Management Program*

MDwise.org  
1.800.356.1204 or 317.630.2831 in the Indianapolis area

