

Types of Pills for Your Heart

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)

(over, please.)

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

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