



# Blood Pressure Treatments

## Quick Overview

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### Things to Know

- Most people need 2 or more medicines
  - Lifestyle changes can help you take less medicine
  - Medicine + lifestyle changes lower blood pressure more than alone
  - Even lowering your systolic blood pressure (top number) by 5 can protect you
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### Lifestyle Only

- Benefits:**
- Lowers blood pressure naturally
  - Better overall health

- Challenges:**
- Takes longer to see results
  - Results vary based on your genes, age, other health conditions, etc.
  - Requires consistent long-term commitment
  - May not lower blood pressure enough

- Risks:**
- Longer time with high blood pressure
  - Continued risk of health problems from high blood pressure:
    - Brain: stroke risk
    - Heart: heart attack risk
    - Kidneys: chronic kidney disease risk
  - Harder to reverse damage once it happens
  - May miss the window for prevention



## ACE Inhibitors

Ends in “-pril”

(lisinopril, ramipril, enalapril, perindopril, benazepril, captopril, quinapril)

### Benefits:

- Help get rid of extra fluid in your body
- Relaxes your blood vessels
- Protects your heart from damage
- Can help protect your kidneys

### Possible Side Effects:

#### Dry Cough (No mucus)

- Tell your doctor - they can switch you to another medicine
- The cough usually goes away with changing the medicine

#### Feeling Dizzy

- Tell your doctor - they may want to change the dose
- Stand up slowly
- Make sure to drink enough water (check with your doctor)
- Ask your doctor about taking the medicine at night

#### Kidney Changes

- Regular blood tests catch changes early
- Changing the medicine will fix most changes

### Warnings: Get Emergency Help if You Have:

- Signs of allergic reaction
  - Face or mouth swelling
  - Trouble breathing
  - Bad stomach pain, diarrhea, or throwing up
- Signs of pancreas problems:
  - Bad stomach pain
  - Trouble eating
  - Feeling sick to your stomach



## ARBs

Ends in “-sartan”

(losartan, olmesartan, candesartan, valsartan, irbesartan, telmisartan, azilsartan medoxomil)

### Benefits:

- Works like ACE inhibitors but in a slightly different way
- Relaxes your blood vessels
- Protects your heart from damage
- Can help protect your kidneys
- Often used when people can't take ACE inhibitors

### Possible Side Effects:

#### Feeling Dizzy

- Tell your doctor - they may want to change the dose
- Stand up slowly
- Make sure to drink enough water (check with your doctor)
- Ask your doctor about taking the medicine at night

#### Kidney Changes

- Regular blood tests catch changes early
- Changing the medicine will fix most changes



## Calcium Channel Blockers

Most end in "-dipine":

(Amlodipine, felopidine, nifedipine, nisoldipine, nimodipine, etc.)

Not ending in "-dipine": verapamil, diltiazem

### Benefits:

- Relaxes your blood vessels
- Some help heart rhythm
- Some are safe during pregnancy

### Possible Side Effects:

#### Ankle Swelling

- Elevate feet when resting
- Stay active by walking
- Tell your doctor, they might suggest:
  - Changing your dose or medicine
  - Adding an ACE inhibitor or ARB to stop the swelling

#### Headache/Flushing

- Tell your doctor, they:
  - Might suggest changing the dose or when you take it
  - Can let you know if it might get better with time

#### Constipation

- Eat more fiber-rich foods
- Stay active by walking
- Talk to your doctor - they might suggest changing the dose or trying a different medicine

#### Gum Problems (Gingival Hyperplasia):

- Brush teeth at least twice daily
- Floss at least once a day
- See your dentist regularly
- Tell your dentist about this medicine
- Tell your doctor - they may suggest a different medication



## Diuretics (Water Pills)

Usually a thiazide diuretic  
(Hydrochlorothizide, chlorthalidone, indapamide, metolazone, etc.)

### Benefits:

- Removes extra water and salt from your body
- Lowers the amount of fluid your heart has to pump
- Often works well with other blood pressure medicines
- Some types safe in pregnancy

### Possible Side Effects:

#### More Bathroom Trips:

- Take the medicine in the morning
- Eat less salt - Can help the medicine work better, so you need less
- Ask your doctor for tips

#### Electrolyte or Blood Sugar Changes:

- Regular blood tests catch changes early
- Your doctor might suggest supplements or change your medicine

#### Feeling Dizzy

- Tell your doctor - they may want to change the dose
- Stand up slowly
- Make sure to drink enough water (check with your doctor)

#### Feeling thirsty/dehydrated:

- Sip water throughout the day
- Ask your doctor how much water is right for you
- Tell your doctor if it's not getting better

#### Sleep problems:

- Take medicine in the morning
- Keep a regular sleep schedule
- Talk to your doctor - They might suggest a different medication or timing