

TAKING BLOOD PRESSURE MEDICATIONS



High blood pressure is the number one risk factor for stroke. **Lowering blood pressure will help to prevent stroke.**



You can't feel it. There are no warning signs. Because of this, high blood pressure is often called a 'silent killer'.



Many people with high blood pressure need to **take 2 or more pills along with making lifestyle changes.**



You should continue to take your blood pressure medications **even if your blood pressure is normal.**

Your blood pressure reading is based on two measures. The **systolic (top) number** is the measure of the pressure in your blood vessels when your heart pumps. The **diastolic (bottom) number** is the measure of pressure when your heart relaxes between beats.

120 **SYSTOLIC**
80 **DIASTOLIC**

The higher your systolic or diastolic blood pressure - and the longer it stays high - the greater the potential damage to your blood vessel.



There are different types of blood pressure medications, your doctor will determine which is best for you. Blood pressure medications are usually taken once or twice daily. They should be taken at the same time each day either in the morning or at bedtime. Ask your doctor or pharmacist what the best time is to take your medications.



Side effects of blood pressure lowering medications are usually mild and improve on their own with time. Different blood pressure medications can have different side effects. The most common side effect of lowering blood pressure is feeling dizzy or light-headed, especially when moving from lying to sitting or sitting to standing. Get up slowly to prevent falls.



TALK TO YOUR HEALTHCARE PROVIDER IF YOU HAVE QUESTIONS ABOUT OR ARE HAVING TROUBLE TAKING YOUR MEDICATIONS

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TELL YOUR DOCTOR IF YOU HAVE:

- Persistent dizziness or light-headedness
- Mood changes (depression)
- Persistent dry cough
- Abnormal taste sensation (metallic or salty)
- Swelling in the feet or lower legs



Call your doctor or go to an emergency

department if you develop palpitations or fainting



Call 911 if you experience swelling of lips or tongue or difficulty breathing



There are many types of blood pressure lowering medications from different medication categories. Each of them work in different ways on different parts of the body. They can be used alone or in combination in order to help you reach your blood pressure targets. One may work better for you than another. Checking your blood pressure at home can help you and your doctor find the right combination for you.

WHAT YOU CAN DO TO CONTROL YOUR BLOOD PRESSURE:

- Take your medications at the same time each day
- If you miss a dose:
 - Speak to your pharmacist
 - Do not take 2 doses at the same time
- Make an appointment with your doctor before your prescription runs out
- Tell your pharmacist or doctor about all the medicines that you may be taking, including vitamins, herbal products or recreational drugs
- Report any side effects to your doctor or pharmacist so that they can give you tips on how to minimize them
- Lifestyle changes to lower blood pressure should be used along with medication. Some changes that can help include:



Eat a Healthy Diet



Limit Salt Intake



Be active



Manage Stress



Stop Smoking



Limit Alcohol



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