

Angiotensin Converting Enzyme Inhibitors (ACE)



Examples: Lisinopril, Zestril, Vasotec, Monopril, Captopril, Enalapril, Quinapril, or Ramipril

Used To Treat: High blood pressure, kidney protection for patients who have diabetes, puts off the onset of diabetes, helps correct congestive heart failure

How They Work: They block an enzyme in the body that is necessary to produce a substance that causes blood vessels to tighten. As a result, they relax blood vessels. This lowers blood pressure and increases the supply of blood and oxygen to the heart.

Side Effects: The major problems with hydralazine and minipres are the effects due as a direct result of the drugs' effects on blood pressure. They may cause a reflex tachycardia (fast heart rate) and may cause some added edema or fluid retention. Some of these effects are seen when standing up abruptly. Rarely, Hydralazine may cause some symptoms that look like lupus erythematosus or rheumatoid arthritis. That problem may be reversed by stopping the drug but may require other medication to ameliorate the new symptoms.

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Angiotensin Receptor Blockers (ARB)



Examples: Avapro, Diovan, Atacand, Cozaar

Used To Treat: High blood pressure, kidney protection for patients who have diabetes, puts off the onset of diabetes, helps correct congestive heart failure.

How They Works: ARBs work by blocking the ATI receptor. This receptor, when stimulated, would normally lead to vasoconstriction or constriction of the blood vessel. By blocking that receptor, the blood vessel is relaxed and the blood pressure is decreased. These medications work in much the same way as the ACE drugs (Angiotensin Converting Enzyme) except that the ACE drugs often cause a cough.

Side Effects: These medications have almost no side effects. If taken in excess, they can lead to dizziness by lowering your blood pressure too far.

What is High Blood Pressure or Hypertension?

Blood pressure is a measurement of the pressure inside the blood vessel. The pressure is created by the flow of blood. The top number is called systolic pressure and is a direct reflection of the push that the heart muscle

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creates with each contraction. The lower number is called the diastolic pressure and reflects the pressure in between beats.

A good blood pressure for an adult is a systolic less than 140 and a diastolic pressure less than 80. In general, the lower the pressure the better, unless, of course you are dizzy. The opposite is also true. The higher your blood pressure, the greater your risk for stroke, heart attack, or kidney disease and the greater the work the heart must perform. The rule of thumb is the lower the better.

When blood pressure is high, you might have a headache, feel dizzy, have chest pain, or have problems with vision. More often than not, high blood pressure causes no symptoms, therefore the name... the silent killer. Long-term hypertension is a major risk factor for atherosclerosis and all the medical problems that result. It is often inherited but can be made worse by poor lifestyle choices.

It follows that you can improve your blood pressure with weight loss, exercise, low salt diets, and by lowering the stress in your life. Blood pressure naturally goes up with age.



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