

# Common Heart Disease Drugs and their Uses

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## Brief Report

There are numerous medications available to treat heart disease. People with heart disease, as well as those who care for them, must understand their medications, read the labels, and be aware of any potential side effects. ACE inhibitors are the most commonly prescribed medications for people with heart disease. These dilate arteries, lowering blood pressure and making it easier for the heart to pump blood. Eplerenone (Inspra) and spironolactone (Aldactone) are aldosterone inhibitors that belong to a class of drugs known as potassium-sparing diuretics. They can help with the swelling and water retention that heart disease can cause. They assist the kidneys in excreting excess water and salt from your tissues and blood through your urine.

### Angiotensin II receptor blockers (ARBs)

These medications are used to treat high blood pressure in people who have heart failure. They aid in keeping your blood vessels as wide as possible, allowing blood to flow more easily through your body. They also help to reduce salt and fluid buildup in the body. Beta-blockers, these medications prevent the effects of adrenaline (epinephrine). This improves the performance of your heart. These medications also reduce the amount of harmful substances produced by your body in response to heart failure. They also cause your heart to beat more slowly and with less force. Both of these lower your blood pressure.

### Calcium channel blockers

These medications are used to treat chest pain (also known as "angina") and high blood pressure. They dilate blood vessels, allowing more blood and oxygen to reach your heart. This reduces its workload. They are only used when other blood pressure medications have failed. Consult your doctor to see if one is appropriate for you. Cholesterol-lowering medications: Cholesterol aids your body's ability to build new cells, insulate nerves, and produce hormones. However, inflammation can cause cholesterol to accumulate in the walls of your arteries. This accumulation raises your risk of having a heart attack or stroke.

Some people's genetics predispose them to having high cholesterol. These people may require drug therapy, such as statins, in addition to a healthier diet,

to reduce their risk of artery hardening (also called atherosclerosis). Digoxin it allows an injured or weakened heart to send blood more efficiently throughout the body. It increases the force with which the heart muscle contracts. It has the potential to improve blood circulation. If you have an irregular heartbeat, you may be prescribed this (your doctor may call this atrial fibrillation, it may aid in slowing your heart rate.

Dizziness may occur if you take heart disease medications that relax narrow blood vessels. If this occurs when you stand up or get out of bed, sit or lie down for a few minutes. This contributes to an increase in blood pressure. When you're ready, slowly rise. ACE inhibitors may cause coughing. Inform your doctor if this keeps you awake at night or interferes with your daily activities. Diuretics (water pills) cause you to pee more frequently [1-5].

If you only need one dose per day, take it in the morning. Alternatively, if you take two doses per day, take the second in the late afternoon. As a result, you won't need to pee as frequently during the night, allowing you to sleep better. Potassium and magnesium, you may lose these electrolytes if you pee more frequently while taking diuretics. This loss can result in abnormal heart rhythms. Consult your doctor about whether you should take supplements to make up the difference.

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