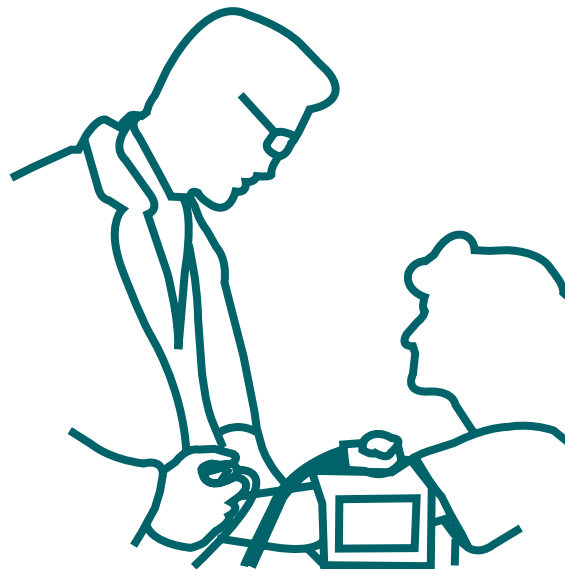


PATIENT INFORMATION

Medicine To Treat:
Hypertension

Overview of Hypertension Medicine



INTRODUCTION

There are many types of medicines available to lower high blood pressure. It may be necessary to take more than one medicine to control your blood pressure. It is important to take your medicine the right way. Otherwise the medicine may not work, or it could also cause side effects that may be mild, or sometimes harmful. You may also counteract one medicine by taking it with another without knowing it.

Here are some information on the common groups of high blood pressure medicines:

- **DIURETICS** get rid of excess water and salt (sodium) from the body.
- **BETA BLOCKERS** reduce heart rate and the heart's output of blood.
- **CALCIUM CHANNEL BLOCKERS** keep calcium from entering the muscles cells of the heart and blood vessels. This causes the blood vessels to relax.
- **ALPHA BLOCKERS** work on the nervous system to relax the blood vessels, allowing the blood to pass more easily.
- **ACE (ANGIOTENSIN CONVERTING ENZYME) INHIBITORS** prevent the formation of a substance called angiotensin II, which normally causes blood vessels to narrow.
- **ANGIOTENSIN II RECEPTOR BLOCKERS** block the action of a substance called angiotensin II at the blood vessel walls and thereby prevent the narrowing of blood vessels.
- **VASODILATORS** open blood vessels by relaxing the muscle in the vessel walls.

Keep all medication out of reach of children.

WHAT SHOULD I TAKE NOTE OF IF I AM ON HYPERTENSION MEDICINE?

- Know the names and doses of the medicines you are taking.
- Take it regularly as directed by your doctor.
- Never stop taking the medicine even if you feel better. It helps to lower your blood pressure and keeps it under control, which in turn helps to prevent other complications like stroke and heart attacks. You may need to take the medicine for a lifetime.
- Ask the doctor's or pharmacist's advice before crushing or splitting tablets; some should only be swallowed whole.
- Avoid taking alcohol.
- Check with your doctor or pharmacist if there are any food or other medicines that you need to avoid while taking this medicine.
- Take the medicine before food or after food as indicated on the medicine label, or according to the doctor's or pharmacist's instructions.
- Never take someone else's prescribed medicine or share yours with someone else
- Inform the doctor if you are pregnant, intend to become pregnant or are breast-feeding.
- Like all medicines, patient may be allergic to hypertension medicine. If you develop rashes, difficulty in breathing or swallowing after taking the medicine, stop the medicine and seek medical attention immediately.

Discard all medication that is outdated or no longer required.

HOW CAN I REMEMBER TO TAKE MY MEDICINE?

- Take your medicine at the same time each day so that it becomes a habit.

WHAT SHOULD I DO IF I FORGET A DOSE?

- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double the dosage.

HOW SHOULD I STORE MY MEDICINE?

- Follow any specific instructions for the storage of your medicines (e.g. some medicines require refrigeration, others do not).
- Unless instructed otherwise, store your medicines in a cool, dry place and protect them from moisture, heat and direct sunlight.
- Store medicine in the original labelled container. Do not keep different types of medicine together in one container.