



UNC REX
HEALTHCARE

Medications and Heart Disease

UNC REX Cardiac Rehab at Home

Medications and Heart Disease

Certain medications can help lower:

- Blood pressure
- Cholesterol
- Heart rate

They can also:

- Keep abnormal heart rhythms under control
- Control or prevent your blood from clotting
- Improve the pumping ability of an injured heart



Taking Your Medications the Right Way

- Make a list of your medications.
- Take them every day, as directed.
- Use a weekly pill box. Remember to fill your pill box at the beginning of each week.
- Create reminders with notes and alarms.
- Get all of your medications from the same pharmacy. ***Don't forget about refills!***
- Bring a list of medications to every health visit.
- Be aware of possible side effects. Talk with your doctor if you are having side effects that bother you.
- If you are having trouble paying for your medications, ask your doctor or pharmacist about financial help programs or cheaper drugs.

Common Heart & Vascular Medications

- **Aspirin** Helps stop platelets (cells in your blood) from sticking together.
- **Blood Thinners** Reduce the risk of heart attack, stroke and stent closure by preventing platelets from sticking together.
- **Beta Blockers** Decrease the workload of the heart by lowering heart rate, blood pressure, and treating rhythm disturbances. Helps your heart work smarter, not harder by slowing your heart rate and decreasing your hearts need for oxygen.
- **Ace Inhibitors** Widen blood vessels to allows the heart to work more efficiently.
- **Cholesterol lowering medications** Used to lower LDL ("bad") cholesterol.

Your doctor or other health care provider will decide the best treatment combination for your situation.

Avoid Making Mistakes

Your medication list should include:

- Prescription medications
- Over the counter medications
- Herbs and vitamins



Remember to keep an updated medication list with you at all times in the case of a medical emergency.