

People with decreased heart function often have elevated levels of **neurohormones**. Neurohormones are proteins that are released from your cells into your blood and can be harmful to the heart, blood vessels, and circulation system. This may lead to worsening symptoms of heart failure. The following medicines, **often used in combination**, help by blocking or lowering the effect of the neurohormones on your heart. **Please let your care team know of any changes in how you are feeling while taking these medicines.**



ANGIOTENSIN

- **ACE inhibitors**
Medicines that end in “-pril” (ex: *captopril, enalapril, lisinopril*)
- **Angiotensin Receptor Blockers (ARBs)**
Medicines than end in “-artan” (ex: *losartan, valsartan*)
- **Angiotensin Receptor Blocker Nephrolysin Inhibitor (ARNIs)**
This is a combination of sacubitril + valsartan (ex: *Entresto®*)

Your provider/care team will help decide which Angiotensin medicine is right for you.



What they do: These medicines help the blood vessels relax (easier for the heart to pump), help preserve or potentially improve heart function, and help decrease salt and water in the body.

Possible side effects: Lower blood pressure (light-headedness or dizziness), elevated levels of potassium, a dry cough, swelling of the lips, and change in kidney function.

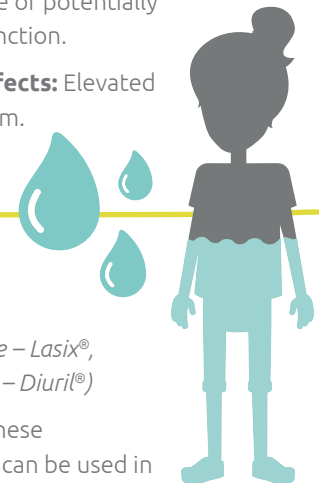


MINERALOCORTICOID RECEPTOR ANTAGONISTS (MRA's)

- (ex. *spironolactone and eplerenone*)

What they do: These medicines are also known as “potassium sparing diuretics”, but they do much more than help remove excess water and salt from the body. They also help preserve or potentially improve heart function.

Possible side effects: Elevated levels of potassium.



DIURETICS

- (ex. *furosemide – Lasix®, chlorothiazide – Diuril®*)

What they do: These medicines, which can be used in combination, help the body make more urine, which gets rid of excess water and salt. This helps improve swelling and can help reduce the amount of fluid in the lungs. They can also help lower blood pressure.



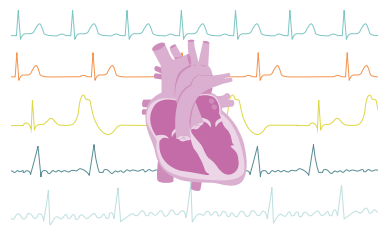
Possible side effects: Decreased levels of potassium and sodium, dehydration, as well as other electrolyte changes, and decreased blood pressure (light-headedness or dizziness).

BETA BLOCKERS

- Medicines that end in “-olol” (ex: *metoprolol, carvedilol*)

What they do: These medicines help slow the heart rate (relaxes the heart), help the blood vessels relax (easier for the heart to pump), and help preserve or potentially improve heart function. They can also be used to treat arrhythmias, or abnormal heart rhythms.

Possible side effects: Lower blood pressure (light-headedness or dizziness), lower heart rate (light-headedness or dizziness), and feeling tired or drowsy.



Learn more about heart medicines at: myactioneducation.org/courses/medicines