



Cardiac Medications

| Drug Class | Benefit of Taking It | Name of Your Medication | When Do You Take It? How much? |
|---|--|-------------------------|---|
| <p>Blood Thinners: Anti-coagulants OR Anti-platelets</p> | <p>To prevent or slow the formation of blood clots.</p> | <p>Name:</p> | <p>Time: Dose:</p> |
| <p>ACE Inhibitors</p> | <p>To prevent the body from producing chemicals that make the arteries close. To treat high blood pressure. To help prevent a part of the heart from enlarging. To decrease the workload of the heart.</p> | <p>Name:</p> | <p>Time: Dose:</p> |
| <p>Angiotensin II Receptor Blockers (ARBs or ARAs)</p> | <p>To treat high blood pressure. To decrease the amount of work the heart has to do and help a part of the heart from enlarging.</p> | <p>Name:</p> | <p>Time: Dose:</p> |
| <p>Beta Blockers</p> | <p>To help lower the amount of work the heart has to do by lowering heart rate and blood pressure. To keep the heart beating in a regular rhythm.</p> | <p>Name:</p> | <p>Note: Important for exercise safety Time: Dose:</p> |
| <p>Calcium Channel Blockers</p> | <p>To make blood vessels open wider, so that more oxygen reaches the heart muscle. To lower blood pressure and decrease the amount of work the heart has to do.</p> | <p>Name:</p> | <p>Note. Important for exercise safety Time: Dose:</p> |

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| Diuretic (water pill) | To flush out extra salt and water to help reduce the work the heart has to do. These pills may also help treat high blood pressure. | Name: | Time: Dose: |
| Nitrates (vasodilators) | To prevent or treat symptoms of angina by opening the blood vessels. To relax the heart muscle and improve the flow of blood to the heart. | Name: | Note. <i>Important for exercise safety</i> Time: Dose: |
| Digitalis preparations | To make the heart beat more forcefully and slowly. | Name: | Time: Dose: |
| Cholesterol (statins) AND Triglyceride Reducers | To help lower blood lipids. Stabilizes plaque in the arteries. | Name: | Time: Dose: |

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