



# Heart Medicines

## Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

### Topic Summary: Heart Medicines

Research says that taking your heart medicines will help prevent your heart disease from getting worse and decrease the chance that you will have another heart event. Learn more about your heart medicines and why it is important to take them regularly as prescribed by your doctor.

### Learning goals

Explore the learning resources to learn:

- The common classes of heart medicines and how they help you
- Who can help you manage side effects and answer your questions

### Learning Resources

- THRiVE: [Take Your Medicine](#)
- Website: [Heart Medicines](#)
- Webinar: [Taking Your Heart Medicines](#)
- Video: [When Can I Stop Taking My Medications?](#)
- Patient Guide: [Taking Your Heart Medicines](#)

### Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Preparing for Your Doctor's Appointment](#)
- [Cardiac Medications Chart](#)

### Key points:

- ◆ Know what medicines you are taking and why you are taking them.
- ◆ Medicines are divided into classes. Each class does something different to help manage your heart condition.
- ◆ You may need to take some heart medicines for the rest of your life.

**Some heart medicines do not mix well with other medicines, including some herbal and homeopathic medicine. Give your doctor a list of all medicines you are taking.**