



Manage Your Medications

A. Tips for organizing and remembering your BP medications.

- Take your drugs at the same time every day. It will reduce missed doses.
- Link pill-taking to other daily routines such as brushing your teeth, drinking coffee in the morning, or going to bed.
- Place bottle or pill box where you will see it and be reminded to take pills.
- Try a clear, 7-day organizer. It is free and will help you see missed doses.



B. Tips for managing side effects, drug costs, and other concerns

- Do you want to learn more about your drugs?
 - Do you have side effects or difficulty paying for your BP medicine?
- ** Be sure to tell your TEAM pharmacist.** We can explain things in lay terms. We also can discuss options with you and your doctor. There are many drugs for treating high blood pressure. Our goal is to help you and your doctor find the right medication(s) for you.

Blood Pressure Drugs*	
Drug category	How they work
Diuretics	These are sometimes called “water pills” because they work in the kidney and flush excess water and sodium from the body through urine.
Beta-blockers	These reduce nerve impulses to the heart and blood vessels. This makes the heart beat less often and with less force. Blood pressure drops, and heart works less hard.
ACE inhibitors	These prevent the formation of a hormone called angiotensin II, which normally causes blood vessels to narrow. The blood vessels relax, and the pressure goes down
Angiotensin antagonists	These shield blood vessels from angiotensin II. As a result, the blood vessels open wider, and pressure goes down.
Calcium channel blockers	These keep calcium from entering the muscle cells of the heart and blood vessels. Blood vessels relax, and pressure goes down.
Alpha-blockers	These reduce nerve impulses to blood vessels, allowing blood to pass more easily.
Alpha-beta-blockers	These work the same way as alpha-blockers but also slow the heartbeat, as beta-blockers do.
Nervous system inhibitors	These relax blood vessels by controlling nerve impulses.
Vasodilators	These directly open blood vessels by relaxing the muscle in the vessel walls.

*Source: Your Guide to Lowering Blood Pressure. NIH Publication No. 04-5232, p. 15.