My beta blocker is called:

**Beta blockers:**
- slow your heart beat
- lower blood pressure, to help keep you healthy from heart attacks, stroke and kidney trouble.

**Can be used for:**
- chest pain (angina)
- heart beating too quickly, or out of rhythm
- heart not pumping well (heart failure)
- protecting the heart after a heart attack.

**Tell your doctor if you:**
- are pregnant
- are breastfeeding
- have asthma, breathing or short-wind problems

as some beta blockers may not suit you.

**Some medicines do not go well with a beta blocker**
Always tell your Aboriginal Health Worker, nurse, doctor and pharmacist about all the medicines you are taking.

This includes medicines
- you bought yourself at the supermarket or store
- gathered from the bush, or
- given to you by someone else eg, traditional healer or a family member.

**Staying healthy**
- Have regular check ups
- Quit smoking, cut back on alcohol and other drugs
- Be active
- Eat healthy tucker
Side effects of beta blockers

Beta blockers can cause unwanted effects (side effects). Side effects do not happen to everyone and they often go away after a short time.

Mild and common side effects

- Dizziness
- Breathing troubles
- Tiredness
- Coldness in the fingers and toes
- Tummy troubles

Talk to your Aboriginal Health Worker, nurse, doctor or pharmacist about any side effects you are having.

**IMPORTANT:** You can get very sick if you stop taking your beta blocker suddenly. Make sure you talk to your doctor or Aboriginal Health Worker before stopping.

- Take the medicine as the doctor has told you
- Set reminders for when to take the medicine
- Keep taking the medicine until the doctor says to stop
- Please don’t share the medicine, it could be harmful to others

Extra information for me

My next appointment: