

Medicines for high blood pressure

Beta blockers (medicines ending in 'lol')

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.

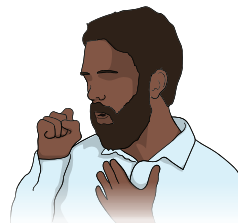
Tell your doctor if you:



are pregnant



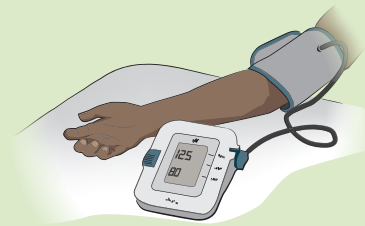
are breastfeeding



have asthma,
breathing or
short-wind problems

as some beta blockers may not suit you.

Staying healthy



Have regular check ups



Quit smoking,
cut back on alcohol and
other drugs



Be active



Eat healthy tucker

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

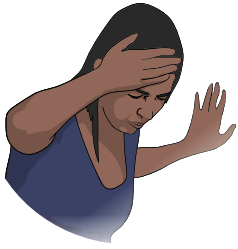
- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or
- ▶ given to you by someone else eg, traditional healer or a family member.



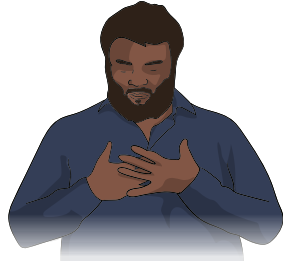
Side effects of beta blockers

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

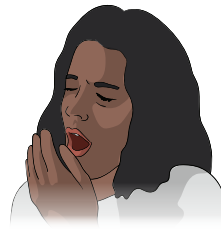
Mild and common side effects



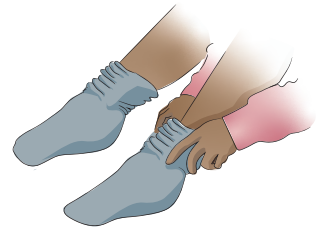
Dizziness



Breathing troubles



Tiredness



Coldness in the fingers and toes

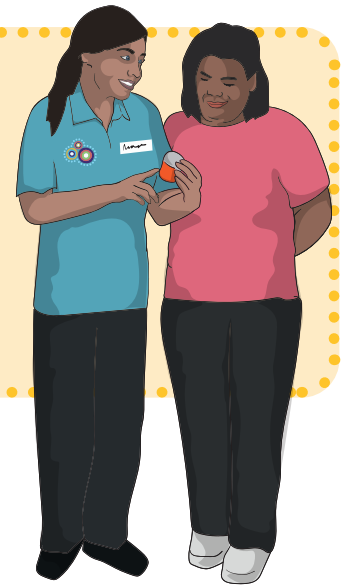


Tummy troubles

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:

nps.org.au

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