

Medicines for high blood pressure

Angiotensin receptor blockers (medicines ending in 'sartan')

My angiotensin receptor blocker is called:

Angiotensin receptor blockers:

- ▶ relax the pipes taking blood around your body
- ▶ make it easier for your heart to pump
- ▶ lower blood pressure, to help keep you healthy from heart attacks, stroke and kidney trouble.

Can be used for:

- ▶ heart not pumping well (heart failure).

Tell your doctor if you:



might be pregnant



are pregnant



are breastfeeding

as an angiotensin receptor blocker may not suit you.

Some medicines do not go well with an angiotensin receptor blocker

- ▶ **ibuprofen** (like Nurofen®), **diclofenac** (like Voltaren®), **naproxen** (like Naprogesic®) and other medicines.

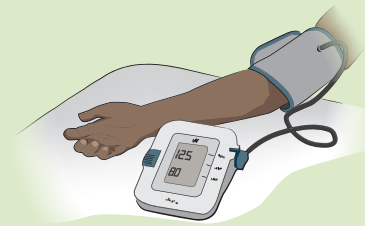
Always tell your Aboriginal Health Worker, nurse, doctor and pharmacist about **all the medicines** you are taking.

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

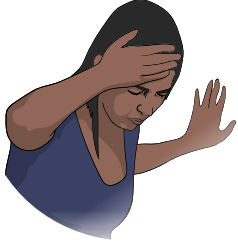


Eat healthy tucker

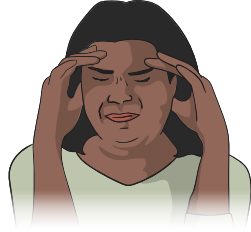
Side effects of angiotensin receptor blockers

Angiotensin receptor 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



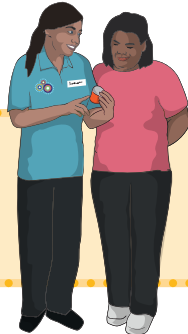
Headache

Serious side effects

A **serious** and **uncommon** side effect of angiotensin receptor blockers can be swelling in the face and throat. This can make it hard to swallow or breathe.



If this happens you need to call 000 and ask for 'ambulance' or call a doctor straight away.



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

- ✓ 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: _____

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