

# 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



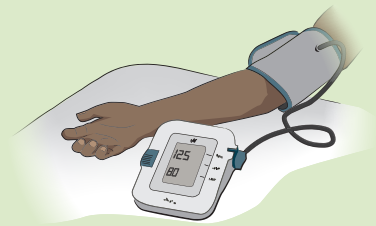
are breastfeeding



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

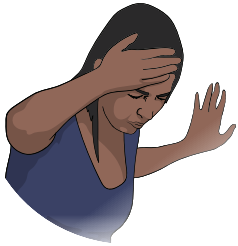
- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or
- ▶ given to you by someone else eg, traditional healer or a family member.



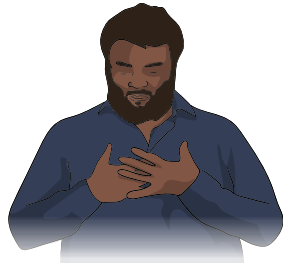
## Side effects of beta blockers

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

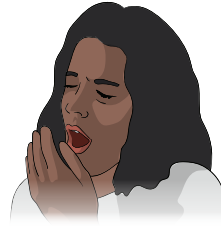
### Mild and common side effects



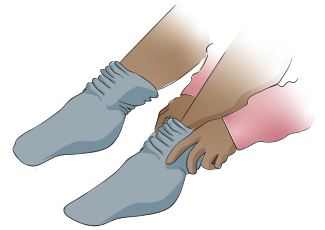
Dizziness



Breathing troubles



Tiredness



Coldness in the fingers and toes

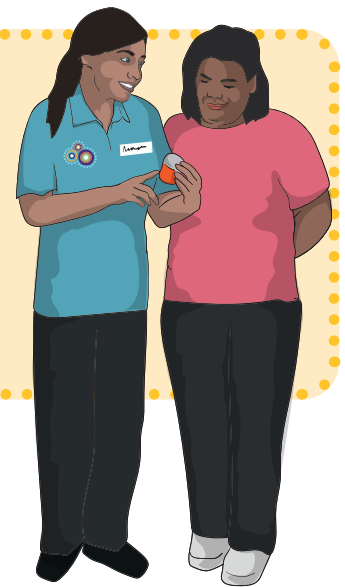


Tummy troubles

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

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My next appointment: \_\_\_\_\_

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