

Heart diseases occur when the blood vessels of the heart are damaged or diseased, which can cause serious problems such as heart attack, heart failure or heart rhythm problems.

Your medication treatment plan will depend on how your heart disease affects your heart and blood vessels. You may need more than one medication to manage your heart disease symptoms.

Do you Know?

- **Taking your medications as instructed** will prevent and relieve symptoms, and may help your heart to pump more effectively
- **Exercising regularly** will help improve your heart's ability to pump blood
- **Smoking** damages the blood vessels and reduces the amount of oxygen in the blood which can worsen your heart condition
- **Drinking too much alcohol** can raise blood pressure, cause heart failure and lead to stroke

Alert doctor if:



- You are pregnant/intend to get pregnant

- You are breastfeeding



- You have other medical conditions/taking other medications

Medicine	Uses	Possible side effects	Precautions
Ace-I inhibitors <ul style="list-style-type: none"> <input type="checkbox"/> Captopril <input type="checkbox"/> Enalapril <input type="checkbox"/> Lisinopril <input type="checkbox"/> Perindopril <input type="checkbox"/> Ramipril 	Reduce blood pressure, protect kidneys and reduce heart failure related complications and hospitalizations	<ul style="list-style-type: none"> - Dizziness - Dry cough - May increase potassium level 	<ul style="list-style-type: none"> • Rise slowly from sitting/lying position to prevent dizziness • Consult doctor if you experience persistent dry cough • Do not take additional potassium supplements other than those prescribed by doctor and avoid using salt substitutes
Angiotensin -receptor blockers <ul style="list-style-type: none"> <input type="checkbox"/> Candesartan <input type="checkbox"/> Irbesartan <input type="checkbox"/> Losartan <input type="checkbox"/> Telmisartan <input type="checkbox"/> Valsartan 	Reduce blood pressure, protect kidneys and reduce heart failure related complications and hospitalizations	<ul style="list-style-type: none"> - Dizziness - May increase potassium level 	<ul style="list-style-type: none"> • Rise slowly from sitting/lying position to prevent dizziness • Do not take additional potassium supplements other than those prescribed by doctor and avoid using salt substitutes
Beta-blockers <ul style="list-style-type: none"> <input type="checkbox"/> Atenolol <input type="checkbox"/> Bisoprolol <input type="checkbox"/> Carvedilol <input type="checkbox"/> Labetalol <input type="checkbox"/> Metoprolol <input type="checkbox"/> Nebivolol <input type="checkbox"/> Propranolol 	Reduce blood pressure, heart rate and reduce heart failure related complications and hospitalizations	<ul style="list-style-type: none"> - Slow heartbeat - Tiredness - Dizziness - Cold hands and feet - Shortness of breath 	<ul style="list-style-type: none"> • Do not suddenly discontinue • If you have high blood sugar (diabetes), monitor your blood sugar closely

Medicine	Uses	Possible side effects	Precautions
Calcium channel blockers <ul style="list-style-type: none"> Dihydropyridine <ul style="list-style-type: none"> <input type="checkbox"/> Amlodipine <input type="checkbox"/> Felodipine <input type="checkbox"/> Nifedipine Non-dihydropyridine <ul style="list-style-type: none"> <input type="checkbox"/> Diltiazem <input type="checkbox"/> Verapamil 	Relax blood vessels to reduce blood pressure and chest pain Treat abnormal heart rhythms	<ul style="list-style-type: none"> - Dizziness - Flushing - Swelling of legs 	<ul style="list-style-type: none"> • Consult doctor if you experience worsening chest pain or swelling of legs
Diuretics <ul style="list-style-type: none"> Loop diuretic <ul style="list-style-type: none"> <input type="checkbox"/> Furosemide <input type="checkbox"/> Bumetanide Thiazide diuretic <ul style="list-style-type: none"> <input type="checkbox"/> Hydrochlorothiazide <input type="checkbox"/> Metolazone Potassium-sparing diuretic <ul style="list-style-type: none"> <input type="checkbox"/> Amiloride <input type="checkbox"/> Eplerenone <input type="checkbox"/> Spironolactone 	Reduce fluid retention by increasing urination For twice-daily dosing , take the second dose no later than 5pm to prevent urination at night.	<ul style="list-style-type: none"> - Headache/ Dizziness - Constipation (Verapamil) - Swelling of legs 	<ul style="list-style-type: none"> • Avoid alcohol and grapefruit juice • Consult doctor if you experience severe breathlessness or leg swelling • Rise slowly from sitting or lying position to prevent dizziness
Antiplatelets <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin <input type="checkbox"/> Clopidogrel <input type="checkbox"/> Prasugrel <input type="checkbox"/> Ticagrelor 	Prevent clot formation and reduce risk of stroke and heart attack	<ul style="list-style-type: none"> - Bleeding/ Bruises - Gastric irritation (Aspirin) 	<ul style="list-style-type: none"> • Do not take additional potassium supplements other than those prescribed by doctor and avoid using salt substitutes • Monitor for signs of bleeding (e.g. gum/nose bleeds, coughing up blood, blood in urine/stools, heavy menstrual period if applicable)
Statins <ul style="list-style-type: none"> <input type="checkbox"/> Atorvastatin <input type="checkbox"/> Lovastatin <input type="checkbox"/> Rosuvastatin <input type="checkbox"/> Simvastatin 	Reduce cholesterol production	<ul style="list-style-type: none"> - Muscle pain or stiffness - Constipation - Abdominal pain 	<ul style="list-style-type: none"> • Consult doctor if you experience <ul style="list-style-type: none"> 1. Unexplained muscle pain, tenderness, or weakness 2. Pale stools/tea-colored urine, yellowing of skin/eyes, abdominal pain 3. Severe nausea/vomiting • Avoid excess alcohol intake to minimize risk of liver injury • Avoid grapefruit juice



Do not stop taking your medicine even if you feel better, to prevent complications such as stroke or heart attack. Inform your doctor or pharmacist if side effects persist or if you experience any allergic reaction (e.g. itch, rashes, facial or eye swelling)