

Cardiac Medications

Common Medications for HTN

Type/Class	Name	Mechanism of Action	Risk/Nutrient Interaction
Angiotensin Converting Enzyme (ACE) Inhibitor	<ul style="list-style-type: none"> • Benazepril hydrochloride (Lotensin) • Captopril (Capoten) • Cilazapril (Inhibace) • Enalapril (Vasotec) • Fosinopril (Monopril) • Lisinopril (Prinivil, Zestril) • Perindopril (Coversyl) • Quinapril (accupril) • Ramipril (Altace) • Trandolapril (Mavik) 	<ul style="list-style-type: none"> • Angiotensin is a hormone in the body that causes blood vessels to narrow. ACE inhibitors decrease this action and, in turn, dilate blood vessels and lower BP. 	<ul style="list-style-type: none"> • Increase serum K • Weakness • Swelling of face, tongue, hands
Angiotensin II Receptor Blocker (ARB)	<ul style="list-style-type: none"> • Azilsartan (Edarbi) • Candesartan (Atacand) • Irbesartan (Avapro) • Losartan (Cozaar) • Telmisartan (Micardis) • Valsartan (Diovan) • Eprosartan (Teveten) 	<ul style="list-style-type: none"> • Angiotensin is a hormone in the body that causes blood vessels to narrow, but to do its job it needs a place to bind. ARBs prevent angiotensin from binding to receptors on the blood vessels and that helps lower blood pressure. 	<ul style="list-style-type: none"> • Increase serum K • Weakness • Swelling of face, tongue, hands
Beta-Blocker	<ul style="list-style-type: none"> • Acebutolol (Sectral) • Atenol (Tenormin) • Bucindolol (Bextra) • Bisoprolol (Monacor) • Bisoprolol fumarate (Zebeta) • Carvedilol (Coreg) • Metoprolol (Lopresor) • Propranolol (Inderal) 	<ul style="list-style-type: none"> • Reduce heart rate, force of pumping, and reduce blood volume. 	<ul style="list-style-type: none"> • Slow heart rate • Weakness • Diarrhea or constipation • Dry mouth, skin or eyes • Fatigue
Calcium-Channel Blocker (CCB)	<ul style="list-style-type: none"> • Amlodipine besylate (Norvasc, Lotrel) • Diltiazem hydrochloride (Dilacor XR, Tiazac) 	<ul style="list-style-type: none"> • Often used in heart failure. • Calcium increases the strength and force of contractions in the heart and blood vessels. Blocking its entry reduces this effect. Calcium channel blockers lower blood pressure by relaxing blood vessels and reducing heart rate. 	<ul style="list-style-type: none"> • Facial flushing • Constipation • Swelling of feet and ankles • Nausea • Gastroesophageal reflux disease (GERD) • Drowsiness

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Diuretic	<p>Non-Potassium Sparing:</p> <ul style="list-style-type: none"> • Bumetanide (Bumex) • Chlorothiazide (Diuril) • Furosemide (Lasix) • Hydrochlorothiazide (HCT) • Metolazone (Zaroxyn) • Torsemide (Demadex) <p>Potassium Sparing:</p> <ul style="list-style-type: none"> • Amiloride (Midamor) • Spironolactone (Aldactone) <p>Combination Pill:</p> <ul style="list-style-type: none"> • Hydrochlorothiazide + Spironolactone (Aldactazide) • Hydrochlorothiazide + Losartan (Hyzaar) 	<ul style="list-style-type: none"> • Increase urination which reduces sodium and fluid in the body. That can help lower blood pressure because it lowers blood volume. • Reduce SOB, swelling, bloating. 	<ul style="list-style-type: none"> • Diuretics can influence a loss of potassium. • Patients may be told to take medication with a potassium-rich food or are prescribed a “potassium-sparing” diuretic to prevent potassium loss • GI disturbances • Fatigue
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Cardiac Glycoside	<ul style="list-style-type: none"> • Digitalis/ Digoxin (Lanoxin) 	<ul style="list-style-type: none"> • Increase strength and efficiency of heart pumping • Regulate heartbeat 	
Nitrate	<ul style="list-style-type: none"> • Nitroglycerin (Nitrong) • Hyralazine (Aspersoline) • Isosorbide (Isordil) 		
Anticoagulant/ Antiplatelet	<ul style="list-style-type: none"> • Warfarin (Coumadin) • Clopidogrel (Plavix) • Ticlopidine (Ticlid) • ASA • Heparin 	<ul style="list-style-type: none"> • Thin blood 	<ul style="list-style-type: none"> • Hemorrhaging
Inotropic Agent	<ul style="list-style-type: none"> • Amrinone (Inocor) • Milrinone (Primacor) • Dobutamine (Dobutrex) 	<ul style="list-style-type: none"> • Helps heart pump more effectively 	

Cardiac Medications

Common Medications for Dyslipidemia

Type/Class	Name	Mechanism of Action	Risk/Nutrient Interaction
<p>Statin (Most common medication for managing dyslipidemia)</p>	<ul style="list-style-type: none"> Atorvastatin (Lipitor) Fluvastatin (Lescol) Lovastatin (Mevacor) Rosuvastatin (Crestor) 	<ul style="list-style-type: none"> Act by blocking the synthesis of cholesterol, thereby increasing the removal of LDL-C from the bloodstream. 	<ul style="list-style-type: none"> Increase in the level of enzymes that signal liver inflammation
<p>Bile Acid Sequestrant</p>	<ul style="list-style-type: none"> Cholestyramine (Questran) 	<ul style="list-style-type: none"> To lower LDL-C and may also slightly increase HDL-C and increase TG. Binds bile acids in the intestine for excretion, causing the liver to remove more LDL-C from the bloodstream to make bile. 	
<p>Cholesterol Absorption Inhibitor</p>	<ul style="list-style-type: none"> Ezetimibe (Ezetrol) 	<ul style="list-style-type: none"> To lower LDL-C. It decreases cholesterol absorption in the intestine. 	
<p>Fibrate</p>	<ul style="list-style-type: none"> Bezafibrate (Bezalip) Fenofibrate (Fibricor, Tricor) Gemfibrozil (Lopid) 	<ul style="list-style-type: none"> To lower TG and increase HDL-C. It may increase LDL-C in people with high TG. It is also used for dysbetalipoproteinemia. Fibric acid derivatives act by increasing the breakdown of lipids in the liver and removal of VLDL from the bloodstream. 	<ul style="list-style-type: none"> Can increase the effectiveness of blood thinners when both medications are used together Can cause muscle damage particularly when taken together with statin medications.
<p>Lipoprotein Synthesis Inhibitor</p>	<ul style="list-style-type: none"> Niacin 	<ul style="list-style-type: none"> To lower TG, increase HDL-C and lower LDL-C and VLDL cholesterol. It is also used for dysbetalipoproteinemia. It slows the removal of HDL, lowers triglyceride levels and decreases the production of VLDL that is used to make LDL. 	
<p>Dietary Supplement</p>	<ul style="list-style-type: none"> Omega-3 fats 	<ul style="list-style-type: none"> To lower TG and to achieve TC/HDL-C target. 	