

Medications Commonly Used for PPCM Treatment

Medication Name	Purpose	Notes & Considerations
Beta-Blockers (e.g., Carvedilol, Metoprolol)	Reduces heart rate and blood pressure, improving heart function	Some may not be safe for breastfeeding; consult a doctor
ACE Inhibitors (e.g., Lisinopril, Enalapril)	Lowers blood pressure and reduces heart strain	Not safe during pregnancy; alternative needed if breastfeeding
ARB (Angiotensin Receptor Blockers) (e.g., Losartan, Valsartan)	Used if ACE inhibitors are not tolerated	Generally not recommended during pregnancy
Diuretics (e.g., Furosemide, Spironolactone)	Helps remove excess fluid and reduce heart workload	Electrolyte levels should be monitored
Aldosterone Antagonists (e.g., Spironolactone, Eplerenone)	Reduces fluid retention and improves heart function	Spironolactone not recommended during pregnancy
Anticoagulants (e.g., Warfarin, Heparin)	Prevents blood clots in cases of severe heart failure	Warfarin requires close monitoring, especially postpartum
Ivabradine	Reduces heart rate in patients who cannot tolerate beta-blockers	Requires specific heart rate conditions
Bromocriptine	May help with heart recovery in some cases	Needs to be closely monitored by a cardiologist

Additional Treatment Options

Treatment	Purpose	Notes
Implantable Cardioverter Defibrillator (ICD)	Helps prevent sudden cardiac arrest in severe cases	Recommended if ejection fraction (EF) remains low
Cardiac Resynchronization Therapy (CRT)	Improves heart efficiency and function	Used when electrical activity in the heart is abnormal
Left Ventricular Assist Device (LVAD)	Supports heart function in advanced heart failure	Considered for patients awaiting heart transplant
Heart Transplant	Final option for severe, unresponsive cases	Requires extensive evaluation and matching process

Organizations Offering Cost Assistance for Medications & Treatment

Organization	Assistance Provided	Website/Contact
HealthWell Foundation	Financial aid for prescription medications	www.healthwellfoundation.org
NeedyMeds	Free or discounted medication programs	www.needymeds.org
Patient Advocate Foundation	Co-pay relief and medication assistance	www.patientadvocate.org
RxAssist	Helps find free or low-cost medication programs	www.rxassist.org
Partnership for Prescription Assistance	Connects patients to assistance programs	www.pparx.org
The Assistance Fund	Financial aid for chronic conditions	www.taftcares.org
GoodRx	Discounts on prescription medications	www.goodrx.com