

Do I Really Need Medication?

This Month's Focus

One of the hardest conversations I have with patients is when I recommend blood pressure medication. It's completely normal to have questions—or even feel disappointed.

Many people worry that needing medication means they failed.

It doesn't.

Medication is simply one of the tools we use to help protect your heart, brain, kidneys, and blood vessels for years to come.



Why Isn't One Medication Always Enough?

Think of it like trying to stop a leaking boat.



Bail out the water.



Patch the leak.



Slow the boat down.



Different approaches.
Same goal.



Blood pressure medications work in different ways.

- ✓ Some help your body get rid of extra salt and water.
- ✓ Some relax your blood vessels.
- ✓ Some affect the hormones that regulate blood pressure.



Many people need more than one medication to reach a healthy blood pressure. That doesn't mean your blood pressure is "worse." It simply means we're using different tools to accomplish the same goal. **Needing two medications doesn't mean your blood pressure is twice as bad.**

Common Types of Blood Pressure Medications



Help your body remove extra salt and water

Examples:
• Hydrochlorothiazide
• Chlorthalidone



Help blood vessels relax

Examples:
• Lisinopril
• Losartan



Help blood vessels stay open

Examples:
• Amlodipine
• Nifedipine



Help your heart beat slower and with less force (especially when heart rate is elevated)

Examples:
• Metoprolol
• Carvedilol
• Atenolol

Your healthcare provider will recommend the medication—or combination of medications—that is right for you.

Will I Have to Take It Forever?



Maybe.
Maybe not.



Some people are able to reduce or even stop medication after making lasting lifestyle changes.



Others continue medication because of family history, age, or other medical conditions.



Either way... the goal isn't to take more medicine. The goal is to protect your health.

Taking medication isn't a sign that you've failed.

It's a sign that you're taking care of yourself.

From Karen...

" I never prescribe medication because I want you to take more medicine.

I prescribe it because I want to help protect your heart for many years to come.

Whenever possible, we'll also work together on the healthy habits that support your blood pressure. **"**

Karen's Tip



Never stop your blood pressure medication without talking with your healthcare provider first.

Some medications should be reduced gradually, and stopping them suddenly can cause your blood pressure to rise quickly.

Karen's Challenge

THIS WEEK...



☐ Take your medication exactly as prescribed.



☐ If you have concerns or side effects, write them down.



☐ Bring your questions to your next visit.

Small steps today lead to a healthier tomorrow.



♥ I'm here for you.
If you have questions or concerns about your heart health, I'm always here to help.

Contact Karen

407-867-1758

karencorner@carter-familypractice.com