

SMART about Cardiac Medications

S-Start by having a list of all your medications

- Your health care provider can assist you with obtaining your list of medications and/or you can obtain a current list through patient gateway.
- Include prescribed and over-the-counter medication, vitamins and supplements
- Include the name, dose and frequency of each medication and the reason you take it
- Include medication allergies on the list as well

M-Make sure you carry an accurate medication list in your wallet/phone

- Update your medication list each time your medications change
- Review your list and/or bring all your medication bottles to your appointments to be sure your list is accurate and your healthcare providers know what you are taking.

A-Ask for written information about your medication

- Your healthcare provider or cardiac rehab nurse or pharmacist can give you written information sheets about your medication
- The information should include:
 - Name and the reason you are taking the medicine
 - When to take the medicine and how often
 - Warnings about the medication and things to avoid while taking, such as driving, drinking alcohol or eating certain foods
 - List of common side effects

R-Remember to take your medications

- Use a weekly pill box, calendar, checklist or alarm on your cell phone to help you remember

T-Talk with your healthcare provider

Tell your healthcare provider the following:

- If you are having trouble taking your medication or having side effects
- About any allergies to medicine or food
- If you want to stop taking a medicine
- If you might become pregnant or nursing a baby

SMART START:

1. Put a check by strategies above that you are using now
2. Circle strategies you could start using to help you take your medicines safely.

3. Review common medications on the following pages and circle medications you are currently taking.

Common Cardiac Medications

BETA-BLOCKERS	<p>Prescribed for high blood pressure, angina, rhythm problems, heart failure, post heart attack, post stent, to lower heart rate and blood pressure and improve blood flow.</p> <ul style="list-style-type: none"> • Metoprolol (Toprol XL; Lopressor) • Atenolol (Tenormin) • Carvedilol (Coreg) • Nadolol (Corgard) • Propranolol (Inderal) • Timolol (Blocadren) • Labetalol (Normodyne, Trandate)
ACE INHIBITORS & ANGIOTENSIN RECEPTOR BLOCKERS (ARB)	<p>ACE INHIBITORS: Prescribed for post heart attack, post stent, high blood pressure, heart failure, kidney protection in patients with diabetes.</p> <ul style="list-style-type: none"> • Lisinopril (Zestril, Prinivil) • Ramipril (Altace) • Enalapril (Vasotec) • Trandolapril (Mavik) • Quinapril (Accupril) <hr/> <p>ARB: maybe used for patients who cannot take ACE Inhibitors</p> <ul style="list-style-type: none"> • Losartan (Cozaar) • Irbesartan (Avapro) • Valsartan (Diovan) • Candesartan (Atacand) • Olmesartan (Benicar)
ANTIPLATELETS	<p>Reduces risk of blood clots after a heart attack, catheterization procedure, stent, stroke or for patients at risk for developing heart disease.</p> <ul style="list-style-type: none"> • Salicylates (Aspirin) • Clopidogrel bisulfate (Plavix) • Dipyridamole (Persantine) • Prasugrel (Effient) • Ticlopidine (Ticlid) • Ticagrelor (Brilinta)

ANTICOAGULANTS	<p>Prevent blood clots. Often prescribed to reduce the risk of stroke in patients with artificial heart valves or atrial fibrillation.</p> <ul style="list-style-type: none"> • Warfarin (Coumadin) • Dabigatran (Pradaxa) • Rivaroxaban (Xarelto) • Apixaban (Eliquis) • Endoxaban (Savaysa)
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CALCIUM CHANNEL BLOCKERS	<p>Prescribed for high blood pressure, irregular heartbeats, angina (chest pain).</p> <ul style="list-style-type: none"> • Amlodipine (Norvasc, Lotrel) • Diltiazem (Cardizem, Tiazac) • Felodipine (Plendil) • Nifedipine (Adalat, Procardia) • Verapamil (Calan)
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DIURETICS (Water Pills)	<p>Prescribed for high blood pressure and heart failure.</p> <ul style="list-style-type: none"> • Spironolactone (Aldactone) • Furosemide (Lasix) • Hydrochlorothiazide /HCTZ (Microzide) • Chlorthalidone • Torsemide • Bumetanide (Bumex)
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NITRATES	<p>Prescribed to relieve and reduce recurrence of angina (chest pain).</p> <ul style="list-style-type: none"> • Nitroglycerine Sublingual (Nitrostat) • Nitropatch (Nitro-Dur, Transderm-Nitro) • Nitroglycerine Lingual Spray (Nitrolingual Pumpspray) • Isosorbide Mononitrate (Imdur) • Isosorbide Dinitrate (Isordil) • Ranolazine (Ranexa)
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Cholesterol Lowering Agents

<p>STATINS</p>	<p>Prescribed for post heart attack, post stent, or those at risk for development of heart disease. Statin improves cholesterol and protects blood vessels.</p> <ul style="list-style-type: none"> • Atorvastatin (Lipitor) • Simvastatin (Zocor) • Rosuvastatin (Crestor) • Pravastatin (Pravachol) • Lovastatin (Altoprev, Mevacor) • Fluvastatin (Lescol, Lescol XL) • Pitavastatin (Livalo)
<p>CHOLESTEROL ABSORPTION INHIBITOR</p>	<ul style="list-style-type: none"> • Ezetimibe (Zetia) • Zetia in combination with a statin can decrease cholesterol by up to 16%
<p>PCSK9 INHIBITOR</p>	<p>Injectable prescription medication. Taken every 2 weeks.</p> <ul style="list-style-type: none"> • Repatha (Evelocumab) • Alirocumab (Praluent)

HEART FAILURE MEDICATIONS

<p>Angiotensin Receptor-Nepriylsin Inhibitors (ARNi)</p> <ul style="list-style-type: none"> • Entresto is a prescription medicine used to treat the symptoms of Heart Failure. Entresto may be used alone or with other medications. • ENTRESTO (sacubitril and valsartan) is a combination of a neprilysin inhibitor and an angiotensin II receptor blocker. 	<p>How it Works:</p> <ul style="list-style-type: none"> • Increases contractility • Cellular protection • Relaxes blood vessels • Decrease sodium and fluid in the body
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<p>Sodium-glucose co-transporter 2 (SGLT2) inhibitors</p> <ul style="list-style-type: none"> • Empagliflozin (Jardiance) • Dapagliflozin (Farxiga) 	<ul style="list-style-type: none"> • a group of antidiabetic drugs that have shown improvement in renal and cardiovascular outcomes in patients with kidney disease, with and without diabetes. • improve blood pressure through a negative sodium and water balance and possibly by inhibiting the sympathetic nervous system.
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<p>GLP-1 Agonists</p> <ul style="list-style-type: none"> • Semaglutide (Ozempic) • Dulaglutide (Trulicity) • Tirzepatide (Mounjaro/Zepbound) • Liraglutide (Victoza) 	<p>How it Works:</p> <ul style="list-style-type: none"> • Decreases blood sugar by activating GLP-1 receptor • Decreases inflammation • Decreases visceral, intracellular, liver, and myocardial fat • Decreases insulin resistance, increases insulin secretion • Increases satiety • Decreases appetite • Increases diuresis
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