

# Medicines for heart failure



## Your heart medicines — An important part of your treatment plan

Medicines can help relieve the symptoms of heart failure. In heart failure, the heart cannot pump blood through the body as well as it should. Fluid can build up in the body. That can make it hard to breathe and make your heart work harder. Also, your feet and legs may become swollen.

### Learn about medicines for heart failure

Learning about your medicines can help you manage your health. The chart below lists some types of medicines used to help treat heart failure. Often, 2 or more types of medicines are used together. Ask your doctor if you are taking any of these medicines. Check off the ones that you are taking and write in the name.

Type of medicine	What the medicine does
<input type="checkbox"/> <b>ACE inhibitor</b> (angiotensin-converting enzyme inhibitor) <i>My medicine:</i> _____	<ul style="list-style-type: none"> <li>• Causes blood vessels to relax, which helps reduce strain on the heart</li> <li>• Reduces the symptoms of heart failure</li> </ul>
<input type="checkbox"/> <b>ARB</b> (angiotensin II receptor blocker) <i>My medicine:</i> _____	<ul style="list-style-type: none"> <li>• Causes blood vessels to relax, which helps reduce strain on the heart</li> </ul>
<input type="checkbox"/> <b>Beta-blocker</b> <i>My medicine:</i> _____	<ul style="list-style-type: none"> <li>• Helps keep the heart from beating too quickly</li> <li>• Helps keep the heartbeat regular</li> <li>• Some help to slow down the rate at which heart failure gets worse</li> </ul>
<input type="checkbox"/> <b>Diuretic</b> (also called a <i>water pill</i> ) <i>My medicine:</i> _____	<ul style="list-style-type: none"> <li>• Helps the body get rid of extra fluids to reduce swelling</li> <li>• Helps lessen how hard the heart has to work</li> <li>• Helps make breathing easier</li> </ul>
<input type="checkbox"/> <b>Positive inotrope</b> <i>My medicine:</i> _____	<ul style="list-style-type: none"> <li>• Makes the heart beat stronger and pump better</li> <li>• Helps relieve symptoms of heart failure</li> </ul>

### Ask your doctor about your medicines

Take your medicines as directed. This can help manage your heart failure. Do not start or stop taking medicine without talking with your doctor first.