

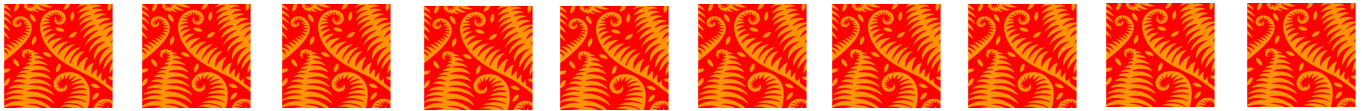
Ola Hou  
I KA HULA



**Heart Health Education**

**Medicines**

Ha‘awina ‘Elua (Lesson 2)



***Ha‘awina ‘elua***  
*(Lesson 2)*

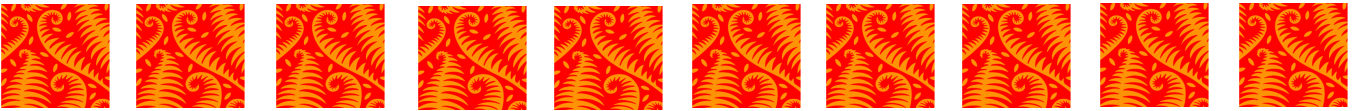
***Medication:***  
*Introduction*

***E komo mai!***

*Aloha and mahalo for meeting with me today for **ha‘awina ‘elua** or the third lesson of the **Ola Hou i ka Hula Program**. Today, we will talk about your medications. Before we begin, let’s review the previous lesson.*

***What is  
hypertension?***

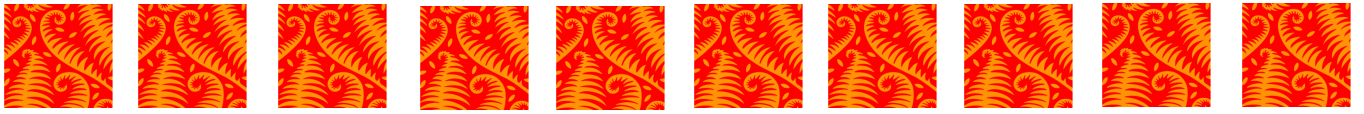
*Hypertension is when you have high blood pressure. It can lead to cardiovascular disease, but is preventable.*



***Ola nō i ka lā‘au lapa‘au***

“There is healing in the medicine”

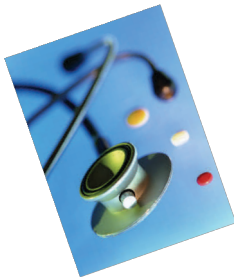
*Ola Hou I ka Hula program*



## *Ha‘awina ‘elua*

## *Medicines*

### **Why are hypertension medicines important?**



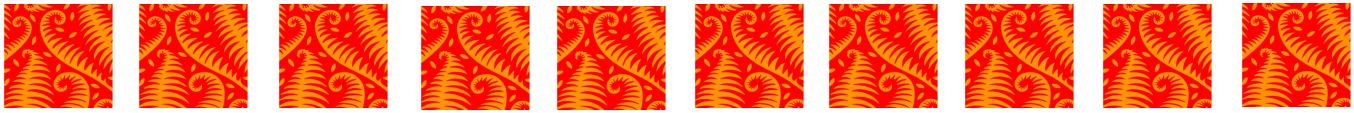
Okay, let's get started talking about medicines for hypertension

Medicines are important for your hypertension because they can help you:

- ❖ Live longer.
- ❖ Breathe more easily.
- ❖ Have more energy.
- ❖ Increase your activity level.
- ❖ Have less swelling.
- ❖ Stay out of the hospital.

This lesson will help you learn about:

- ❖ What hypertension medicines do.
- ❖ Why it is important to take all of your medicines regularly.
- ❖ How to deal with common side effects of your medicines.



***Ha‘awina ‘elua***  
*Lesson two*

***Medicines***

**What do I need to know about my medicines?**

Here are just a few things to know.

Most people with hypertension need to take more than one medicine.

Most hypertension medicines work best at certain doses or amounts. Taking the right dose of medicine may improve your health in the long run.

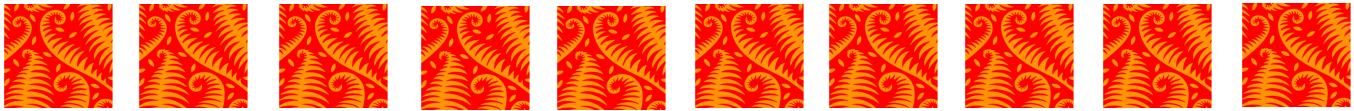
The doctor will sometimes change your medicine even if you feel better after starting them. This is because scientists are always finding better ways of using the medicines to treat hypertension.

So, it is important to take all of your medicines the way the doctor says even if you are feeling better.

**What if I don't feel better when I take my medicines?**

If you are taking all of your medicines and still feel poorly, be sure to tell your doctor.

You may be feeling worse because of hypertension or something else. Or you may be having side effects from your medicines. Whatever the reason, do not stop taking your medicine and do not make any changes without talking to your doctor!



***Ha‘awina ‘elua***  
*Lesson two*

***Medicines***

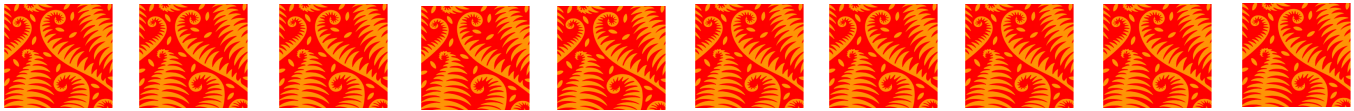
**What about side effects?**

All medicines can have side effects. Some side effects can be mild and others can really bother you.

If you think your medicines are causing side effects, tell your doctor so that changes can be made to help you feel better.

Sometimes just taking your medicines at a different time of day can help the problem. But please... do not make any changes without talking to your doctor first!



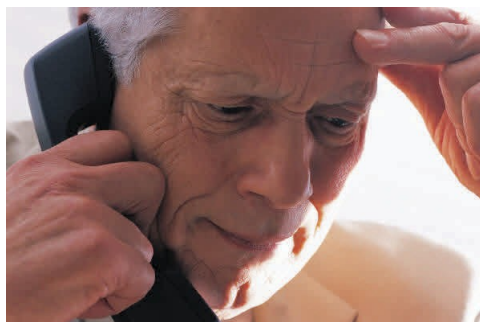


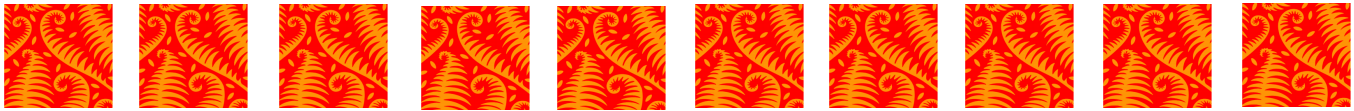
***Ha‘awina ‘Elua***  
*(Lesson 2)*

***Medicines:***  
*Side Effects*

**CALL YOUR DOCTOR RIGHT AWAY  
IF YOU HAVE THESE SIDE EFFECTS**

Side effect	Possible cause
Swelling in lips, tongue or throat	ACE Inhibitors
Wheezing or shortness of breath (usually in people with asthma)	Beta-blockers
Nausea and vomiting	Digoxin
Blurry vision	Digoxin
Skipped heart beats or palpitations	Digoxin





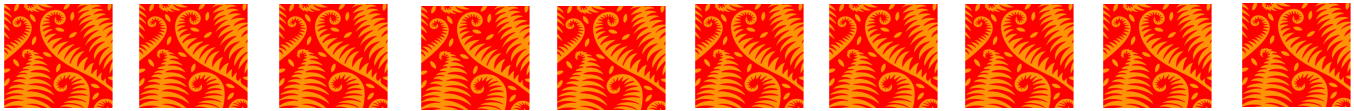
**Ha‘awina ‘elua**  
(Lesson 2)

**Medicines:**  
*Side Effects*

Here are other **common side effects** of hypertension medicines and what you should do about them.

Side effect	Possible cause	What should you do
Dizziness (especially when standing up)	ACE Inhibitors Beta-blockers Diuretics	Talk to your doctor
Cough	ACE Inhibitors **Hypertension can cause coughing too	Talk to your doctor about trying a different medicine
Cannot get an erection	Beta-blockers	Talk with your doctor
Low blood pressure; slow heart rate	Beta-blockers	Keep track of your blood pressure and talk with your doctor about this.
Lab value changes (potassium)	Diuretic ACE Inhibitors	Have regular blood tests. Many people who take a diuretic also need to take potassium (K+)
Dehydration	Diuretic	Weigh yourself every day. Write your daily weight on your weight chart and take it to your doctor visits.
Swelling	Beta-blockers	Weigh yourself every day. Write your daily weight on your weight chart and call your doctor.





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*OK, let's talk about  
ACE Inhibitors and ARBs*

**What are ACE  
Inhibitors and  
ARBs?**

ACE Inhibitors and ARBs are medicines that help **control high blood pressure** and prevent heart attacks.

ACE inhibitors are a good choice for people who have diabetes, because this medicine does not affect blood sugar levels and may help protect the kidneys

ARBs inhibit a substance that causes blood vessels to narrow (constrict). As a result, blood vessels relax and widen (dilate), making it easier for blood to flow through the vessels, which reduces blood pressure.

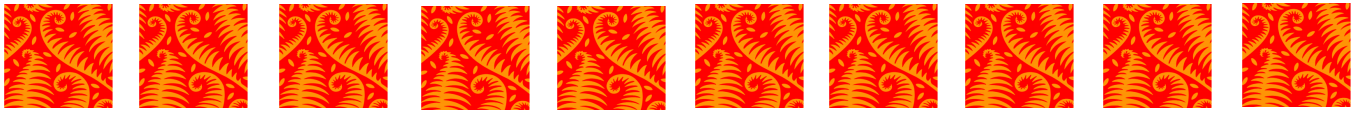
The full medical name for ACE Inhibitors is Angiotensin-Converting Enzyme Inhibitors.

The full name for ARBs is Angiotension Receptor Blockers.

**How do ACE  
Inhibitors and  
ARBs work ?**

ACE Inhibitors and ARBs work by:

- ❖ Blocking an enzyme needed to form a substance that narrows blood vessels. As a result, blood vessels relax and widen, making it easier for blood to flow through the vessels, which reduces blood pressure. These medicines also increase the release of water and sodium to the urine, which also lowers blood pressure.



***Ha‘awina ‘elua***  
*(Lesson 2)*

***Medicines:***  
*ACE Inhibitors & ARBs*

**How can I tell if I’m taking an ACE Inhibitor or an ARB?**

Some examples of ACE Inhibitors are: Accupril, Altace, Captopril, Lotensin, Prinivil, Lisinopril, Univas, and Vasotec.

Some examples of ARBS are: Avapro, Diovan, Cozaar, and Micardis.

Which ACE Inhibitor or ARB are you taking?

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What does the pill look like? (color, shape, size)

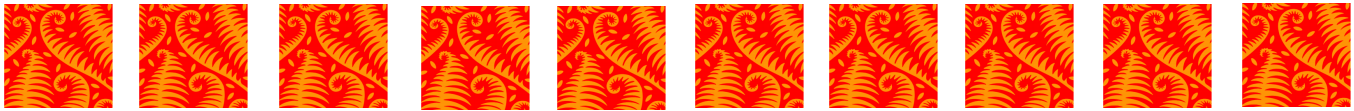
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When are you supposed to take it? (time of day)

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**Is there anything else I should know about ACE Inhibitors or ARBs?**

You may have to change the amount of ACE Inhibitors that you take gradually, over time. This means that the dose and even the size or color of your pill may change.



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***Now let’s talk about Beta-blockers***

**What are Beta-blockers?**

Beta-blocker pills are very helpful for people with hypertension.

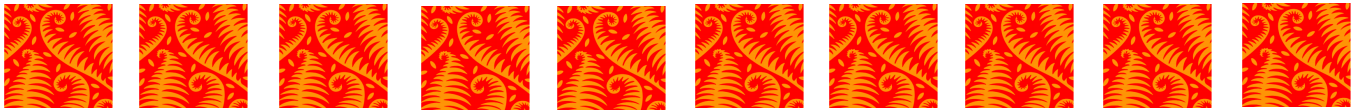
They reduce the work of the heart so that it requires less blood and oxygen. As a result, the heart doesn't have to work as hard, which in turn lowers blood pressure.

**How do Beta-blockers work ?**

They work by blocking the effects of harmful stress hormones. Beta-blockers work on different stress hormones than ACE inhibitors do.

**How is it that I need Beta-blockers?**

Beta-blockers control high blood pressure, prevent heart attacks, and help keep the heart beating regularly.



***Ha‘awina ‘elua***  
*(Lesson 2)*

***Medicines:***  
*Beta Blockers*

**How can I tell if I’m taking a Beta-blocker?**

Some examples of Beta-blockers used for Hypertension are: Toprol XR, Coreg, and Bisoprolol.

Which Beta-blocker are you taking?

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What does the pill look like? (shape, size, color)

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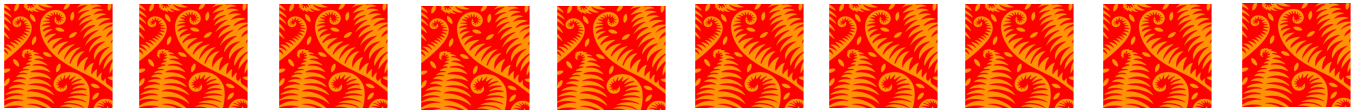
When are you supposed to take it? (time of day)

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**Is there anything else I should know about Beta-blockers?**

You may have to change the amount of Beta-blocker that you take gradually, over time. This means that the dose and even the size or color of your pill may change.

At first, you may feel worse when you start taking a Beta-blocker or increase the dose. You may feel tired, and may be short of breath or have swelling... however, these symptoms should go away. If these symptoms do not go away, call your doctor.



***Ha‘awina ‘elua***  
*(Lesson 2)*

***Medicines:***  
*Diuretics*

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***Now let’s talk about Diuretics***

**What are  
Diuretics?**

Diuretics are also called water pills because they help your body get rid of extra “water”.

Taking Diuretics in the right way may help you stay out of the hospital.

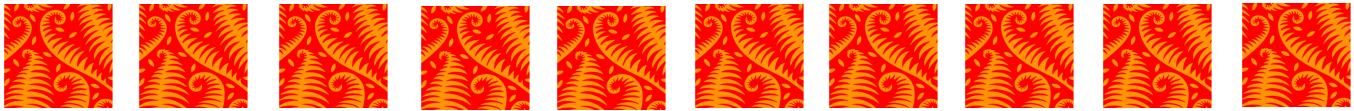
**How do Diuretics  
work ?**

Diuretics cause the kidneys to remove more sodium and water from the body, which helps to relax the blood vessel walls, thereby lowering blood pressure.

**How is it that I  
need to take  
Diuretics?**

Diuretics can help you **feel more comfortable, breathe easier, feel less bloated and less swollen.**

Some people with hypertension may take more than one type of Diuretic. This is because different Diuretics work in different ways.



***Ha‘awina ‘elua***  
*(Lesson 2)*

***Medicines:***  
*Diuretics*

**How can I tell if  
I’m taking a  
Diuretic?**

Some examples of Diuretics are: chlorthalidone, Dyazide, Furosemide (Lasix), and Zaroxolyn.

Which Diuretic are you taking?

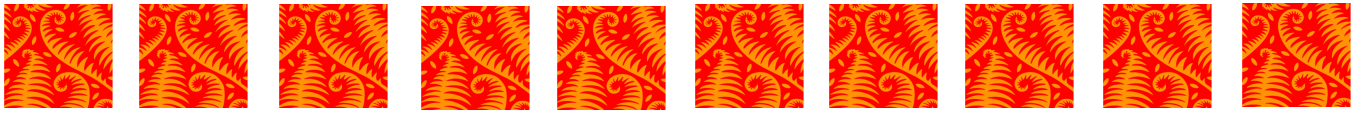
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What does the pill look like? (shape, size, color)

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When are you supposed to take it? (time of day)

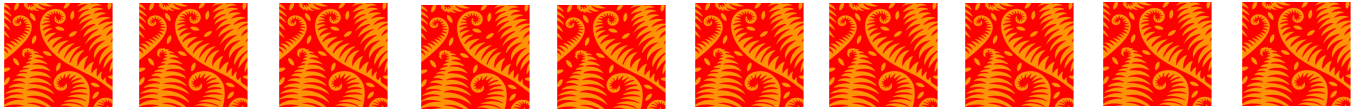
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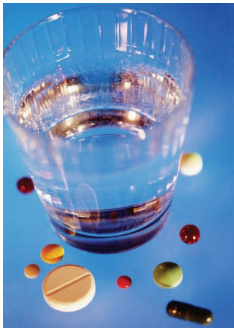
*I lohe i ka ‘ōlelo a ho‘okō,  
e ola auane‘i a laupa‘i*

**“One who hears good advice and heeds [it] will live to see many descendants.”**

*Ola Hou I Ka Hula program*



**What questions should I ask my doctor about all of my medicines?**



## **What medicines am I taking for High Blood pressure?**

You can use this checklist of what medicines you are taking for hypertension:

- ☐ ACE Inhibitors
  - ☐ Beta-blockers
  - ☐ Diuretics (water pills)
  - ☐ Other medicines for hypertension:
- 

You may be taking medicines for other health conditions too.

## **Is there a generic version of any of these medicines?**

Reason for asking this question:

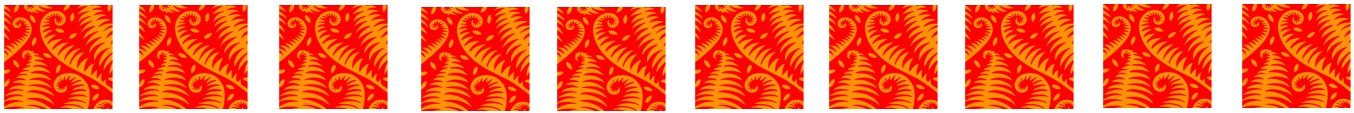
Generic versions usually work just as well as name brands and can save you money!

## **Am I taking the right dose of these medicines for me?**

Reason for asking this question:

Sometimes people take the right kind of medicine, but the dose is too low or too high for that person. Check with your doctor to be sure.





**What questions should I ask my doctor about all of my medicines?**

***(continued from previous page)***

**When is the best time to take my medicine?**

Reason for asking this question:

Sometimes side effects can be reduced by just changing the time you take your medicines. Check with your doctor or pharmacist to be sure.

**What do I do if I miss a pill?**

Reason for asking this question:

It is easy to miss a pill. Sometimes you should just wait until the next day, but sometimes you should take your pill as soon as you remember. Check with your doctor to be sure.

**What blood tests should I have and when?**

Reason for asking this question:

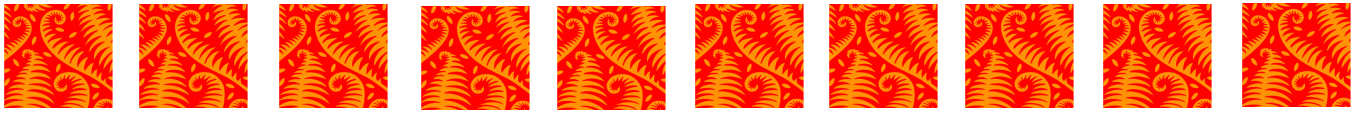
Keeping track of your blood tests helps you and your doctor know whether your medicines are working well and are safe for you.

**When should I call you (the doctor)?**

Reason for asking this question:

You will know which symptoms to call your doctor about.

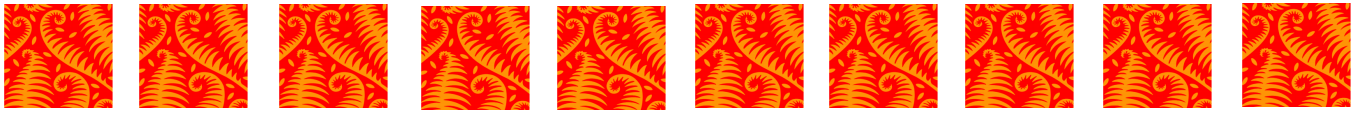
**Always check with your doctor before you make changes in the amount or timing of your medicines.**



## *Ma ka hana ka ‘ike*

“It is by doing that one acquires the knowledge”

*Ola Hou I Ka Hula program*



\_\_\_\_\_  
(Put your name here)

## Medicine Management Action Plan for the Week

**Goal:**

\_\_\_\_\_

**Step 4:** I may have trouble

because \_\_\_\_\_

\_\_\_\_\_

so I will \_\_\_\_\_

**Step 3:** I will need \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

**Step 2:** (When & How)

\_\_\_\_\_

\_\_\_\_\_

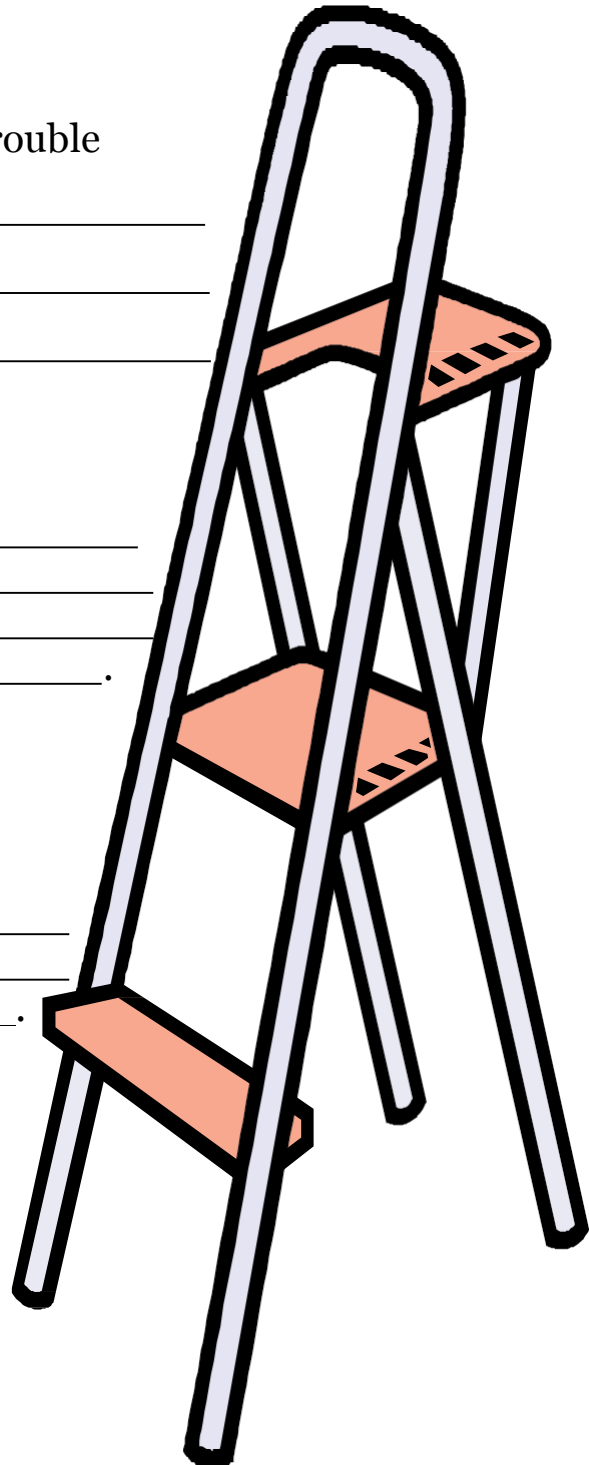
\_\_\_\_\_.

**Step 1:** I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.



*Ola Hou I Ka Hula program*