

# Heart Failure Medications: ACE Inhibitors, ARBs, and ARNIs

To help your heart failure symptoms, you have been prescribed an ACE Inhibitor, an ARB, or an ARNI.

To help you understand what these medications do, let's take a look at how the heart normally works.

The heart is a muscle that pumps oxygen and nutrient-rich blood through your blood vessels.

Your organs and tissues rely on a steady supply of oxygen-rich blood to stay healthy.

However, when you have heart failure, your weakened heart can't pump enough blood to meet your body's needs.

To make up for the weakness, your heart starts to pump harder.

Over time, your heart begins to change because of the extra work. The walls become thicker and more muscular and the heart may expand.

Eventually, the heart starts to lose its ability to pump blood efficiently.

Taking your heart failure medications can help.

ACE inhibitors, ARBs, and ARNIs mainly work to widen your blood vessels and reduce your blood pressure.

This can help to decrease the workload on your heart and may also strengthen your heart.

There are several types of these medications available, including generic and brand names.

Common ACE inhibitors include the medications listed here...

ARBs include these medications...

And ARNIs include...

It's important to know that new medications are introduced regularly. Talk to your healthcare provider about which one is right for you.

As with any medication there may be some side effects.

Some common side effects of ACE Inhibitors, ARBs, and ARNIs include: headaches, dizziness, dry cough, low blood pressure, fatigue, fast heartbeat, diarrhea, back pain, and reduced kidney function.

If you experience more serious symptoms, you should call your doctor right away. Serious warning signs include: chest pain; problems breathing or swallowing; or swelling in the face, eyes, lips, tongue, or legs

If you experience any of these side effects contact your healthcare provider. You may need to have your prescription changed.

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A small number of patients may have severe reactions to these medications. Call your doctor right away if you have swelling in the face, eyes, lips, tongue or legs.

If you have difficulty breathing, chest pain, irregular heartbeat, can't swallow, or are lightheaded, immediately call 911 or your emergency response number so an ambulance can be sent.

Taking your ACE Inhibitor, ARB, or ARNI as prescribed will help reduce your symptoms so you can feel better and manage your heart failure for the long-term.