

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.

Tell your doctor about any medicines you are currently taking including herbal meds, vitamins and over the counter medicines.

Also let your doctor know if you are pregnant or planning to be pregnant.

As with any medication there may be some side effects.

Heart Failure Medications: ACE Inhibitors, ARBs, and ARNIs

Some common side effects include: headaches, dizziness, dry cough, low blood pressure, fatigue, fast heart beat, diarrhea, and back pain.

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

A small number of patients may have severe reactions to these drugs.

If you have difficulty breathing; chest pain; irregular heartbeat; can't swallow; are lightheaded; or if you have swelling in the face, eyes, lips, tongue or legs; immediately call 9-1-1 or your emergency response number so an ambulance can be sent.

During your treatment your doctor will monitor your potassium levels and kidney function to make sure your medicine is right for you.

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.