

Women and Heart Disease: Medications

Lifestyle changes may be enough to reduce your heart disease risk factors. If not, you may be prescribed medications.

Medications can help manage your blood cholesterol, blood pressure, and diabetes; factors that put you at a greater risk for heart disease.

So, if you've been prescribed medications, make them a part of your lifestyle.

Take all your medications as prescribed.

You may be recommended to take low dose aspirin therapy if you have documented history of heart disease and the benefits outweigh the risks.

Aspirin prevents blood from forming clots, which can block blood flow to your heart or other organs.

If you have had a heart attack or stroke, are at risk for one in the next 10 years, or have high cholesterol or diabetes, your healthcare provider may recommend you take a medication called a statin.

Statins help lower your cholesterol, especially when combined with lifestyle changes like eating a healthy diet and getting plenty of exercise. Talk to your healthcare provider to see if a statin is right for you.

“Statins lower the amount of cholesterol that’s circulating in the bloodstream and studies have shown consistently over the past 20 years that lowering of the LDL, the bad cholesterol, reduces the likelihood of cardiac events, strokes and heart attacks.”

“I was diagnosed with hypertension in the hospital after the stroke and now I'm taking medication for cholesterol and high blood pressure.”

To help you remember when to take your medications, develop a system to help you keep track of them.

Some people find a pill organizer helpful. It separates your medication by days of the week and times during the day.

Some people use a checklist or calendar and cross off each medication as it's taken.

And others post little reminders around the house or on their phone, so they don't forget.

“For working medications into my daily routine, I actually plug it into my phone so that I remind myself to take my medication.”

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Keep an updated list of all the medications you are taking and always carry it with you when you leave the house.

Knowing when and how to take your medications can help save your life. If you have questions about your medications, do not hesitate to ask your cardiac care team.

Your medications play a big part in helping you maintain a healthy lifestyle. Making sure you take them as prescribed everyday can help you reduce your heart disease risk factors.