

After a Heart Attack: Taking Beta-Blockers

After a heart attack, your heart still works to pump blood throughout your body.

But it may have to work harder than it did before. And this extra work can cause problems.

Beta-blockers can make the heart's job easier so it doesn't have to work quite as hard.

This is why your doctor may have prescribed them.

Beta-blockers help reduce the strain on your heart and blood vessels.

The medicines lower blood pressure and relieve angina symptoms—such as chest pain or pressure.

All this adds up to lowering the chances of a second heart attack.

Now, it's important to know that beta-blockers can have side effects.

Some people feel tired or feel dizzy or lightheaded. Sometimes a side effect, such as being tired, is a sign that your medicine is helping your heart relax.

But talk to your care team.

They may be able to help by changing how much medicine you're taking or making other changes.

Also, tell all of your doctors and your pharmacist that you're taking beta-blockers.

This will help them make sure all of your medicines and natural health products are safe to take with beta-blockers.

After a heart attack, your heart may have changed.

But there are things you can do to help your heart.

Taking your beta-blocker is one of those things.

A beta-blocker may help prevent another heart attack and help you stay as healthy as you can.