

ACE Inhibitors and ARBs: Helping Blood Flow Better

In the same way that rivers and streams move water to other places, blood vessels move blood throughout your body.

Usually the blood flows at a healthy current.

But when your vessels are too narrow, the blood flows with too much force, which can cause health problems in places like your kidneys and in your heart.

So for your blood to flow better, you take an ACE inhibitor or an ARB.

These medicines help relax your blood vessels so that your heart doesn't have to work too hard.

And that helps you feel better and stay healthy.

With all these good things the medicines do, why do so many people stop taking them?

Well, the side effects can be a pain, especially if you have that cough that can be caused by an ACE inhibitor.

Or when it comes to their medicine, some people can think "Why bother?"

because they just don't feel it working or they don't remember why they're taking it.

So if you're having problems taking your ACE inhibitor or ARB, here are some ideas that might help.

If the side effects bother you, talk to your care team.

Some people feel better when they switch to a different ACE inhibitor or ARB.

Maybe you're wondering about all the medicines you take.

It might be time to review your medicine list with your care team.

You can ask them why you're taking each of your medicines.

And they can check that you're not taking anything you don't need.

Or, maybe you have the right medicines, but you're having trouble keeping track of them.

How about using a pillbox or setting a reminder on your phone?

It's up to you to take your ACE inhibitor or ARB.

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But they help keep your blood flowing at a healthy current.

Try this one thing: write down your main reason for stopping your medicine, and then tell your care team about it.

Together you can figure out a way to help you take control, feel better, and live longer.

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