



## Beta Blockers



### Overview

These drugs lower your blood pressure. We use them to treat high blood pressure and other heart issues. They correct abnormal heart rhythms. They treat congestive heart failure, and chest pains we call "angina." They can help prevent heart attacks. And they help with migraines and some types of tremors.

### How do they work?

How do beta blockers work? There are different types of beta blockers, and they affect the body in different ways. But in general, these drugs block the effects of a natural hormone called "epinephrine." We also know it as "adrenaline." The hormone speeds up nerve impulses through your heart. It makes your pulse quicken. But beta blockers slow down these nerve impulses, keeping your heart rate slow. A slower heart rate helps your heart to not work so hard.

### Are they safe?

Are beta blockers safe? They can be used safely by people who have high blood pressure, heart problems and other conditions. Often, they're used as part of a care plan that includes other medications. Beta blockers may not be recommended if you have asthma. If you have diabetes, they can block signs of low blood sugar. And if you're taking a beta blocker and want to stop, follow your doctor's instructions to do it safely.

### Conclusion

Talk to your doctor to find out if a beta blocker is right for you.