



**initiators**



IMA cRCT

INFORMATION ON

# Antihypertensives



A project funded by



European Research Council  
Established by the European Commission

## High blood pressure in Catalonia

40%



2 out of 5 people have high blood pressure.

High blood pressure is asymptomatic and many believe they do not have a problem. "Doing nothing" is not a good option as high blood pressure does not cure itself

## Complementary measures

to lower high blood pressure



Avoid tobacco and alcohol \*



Healthy and balanced diet \*



Lose weight \*



Reduce salt intake to less than 6 grams per day \*



Regular exercise \*

## The evolution of high blood pressure

High blood pressure, if left untreated, can affect different arteries and cause:

### Brain arteries

	Stroke
	Weakening of the blood vessels of the brain
	Memory problems

### Arteries of the heart

	Heart attack
	Heart failure

### Peripheral arteries

	Eye complications
	Kidney failure

## Treatment

It can vary depending on the stage at which the disease has been diagnosed and its evolution:

1

A healthy lifestyle, a balanced diet and physical activity are always necessary.

2

If this is not enough to lower blood pressure, it will be supplemented with an antihypertensive drug.

3

If a single drug is not enough, combination therapy with two or more drugs will be started.

# Antihypertensives



Benefits



Adverse effects



Administration

## ACE inhibitor

→ Enalapril / Perindopril / Trandolapril / Captopril / Lisinopril / Ramipril	
✔ Lowers blood pressure	
✔ Protects the kidneys	
★★	Cough <sup>1</sup>
ⓘ With or without food	

## Diuretics

→ Hydrochlorothiazide / Furosemide / Spironolactone	
✔ Lowers blood pressure	
✔ Prevents fluid retention (edema)	
★★	Increases blood electrolyte levels
★ ★	Sudden drop in blood pressure (hypotension) <sup>2</sup>
★ ★	Gout attacks <sup>3</sup>
ⓘ With or without food	

## Calcium antagonists

→ Amlodipine	
✔ Lowers blood pressure	
★★	Fluid retention (edema in the legs)
ⓘ With or without food	

★★★ **Very common.** Can affect more than 1 in 10 people

★ ★ **Common.** Can affect up to 1 in 10 people

<sup>1</sup> In the case of Enalapril

<sup>2</sup> Depending on the dose

<sup>3</sup> In the case of Furosemide

## ARA II

→ Losartan / Valsartan / Irbesartan / Candesartan	
✔ Lowers blood pressure	
✔ Relaxes blood vessels	
★ ★	Increases blood potassium levels
★ ★	Sudden drop in blood pressure (hypotension) <sup>2</sup>
ⓘ With or without food	

## Alpha-blockers

→ Doxazosin	
✔ Lowers blood pressure	
★★	Postural hypotension
ⓘ With or without food	

## Beta-blockers

→ Atenolol / Carvedilol / Metoprolol / Bisoprolol	
✔ Lowers blood pressure	
✔ Prevents coronary heart disease	
✔ Relaxes the heart	
★★	Headache
★★	Sudden drop in blood pressure (hypotension) <sup>2</sup>
★★	Lack of energy (asthenia)
★ ★	Decreases heart rate
ⓘ With or without food	

## We decide together

Are you considering an option that we have not discussed yet?

Do you agree to take a medicine?

Do you have any questions?



## Follow-up

Customised plan

.....

.....

.....

.....

.....

.....

Next checkup

.....

## Want to know more?

Pharmacy

Nurse

Web page



Use the QR Code to access the website  
[www.iniciadores.es](http://www.iniciadores.es)