



FUNDACIÓN  
VALLE DEL LILI

*Excelencia en Salud al servicio de la comunidad*

## Medication for the heart failure treatment

Medications are essential for the heart failure treatment. Generally, the patient should use them for the rest of their life. If these are properly used they can:

- Extend life time.
- Reduce the symptoms of the disease.
- Improve the breathing ability.
- Increase body energy.
- Increase the ability to exercise.
- Avoid hospitalizations as much as possible.
- They improve the quality of life.

### Medications for the treatment:

**a**

- Captopril
- Enalapril
- Losartan
- Candesartan
- Valsartan

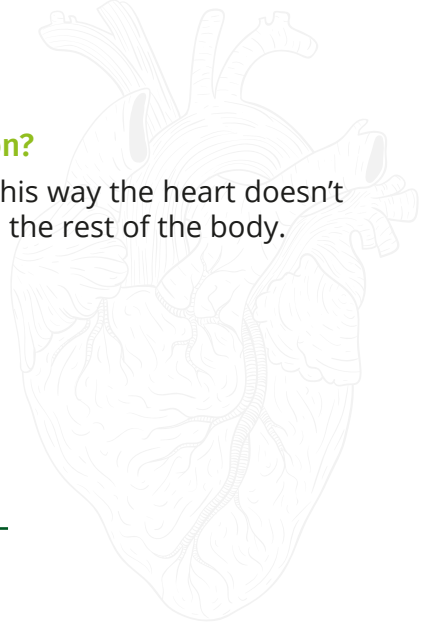


## How do they improve the heart's condition?

They decrease the blood vessels pressure, this way the heart doesn't have to make much effort to pump blood to the rest of the body.

### Possible side effects

- Tiredness, dizziness and headache.
  - Dry and persistent cough.
  - Swelling in the legs, face and lips.
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**b**

- Carvedilol
- Bisoprolol
- Metoprolol succinate
- Nebivolol

## How do they improve the heart's condition?

They help controlling heart rate (beats per minute), leading the heart to pump blood slowly, lowering blood pressure.

### Possible side effects

- Tiredness and dizziness.
  - Decreased blood pressure.
  - Choking and wheezing sensation, cold hands and feet, feeling of permanent sadness and nightmares.
- 





# C

- Furosemide
- Hydrochlorothiazide

## How do they improve the heart's condition?

By improving the kidney's function to pass more fluid through the urine, leading the heart to a better work and preventing fluid accumulation.

## Recommendations:

1. It is recommended to take it between 8:00 am and 2:00 pm in order to avoid getting up to the bathroom at night.
2. Blood potassium control should be performed.

## Possible side effects

- Decrease in potassium levels, causing cramps, muscle weakness and changes in the electrocardiogram.

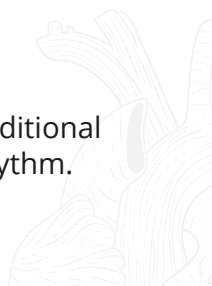
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# d

## Digoxin

## How does it improve the heart's condition?

It increases the heart's contraction force and with additional medication, improves symptoms of heart failure and heart rhythm.





### Possible side effects:

Nausea, vomiting, loss of appetite, blurred vision or the presence of white or colored lights, weakness, palpitations, or tachycardia.

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# e

- Spironolactone
- Eplerenone

### How do they improve the heart's condition?

They increase the amount of water and salts eliminated through the urine, lowering blood pressure, reducing congestion and protecting the heart.

### Possible side effects:

- Increases blood potassium level concentration.
  - Spironolactone can cause increased sensitivity and enlargement of the breasts or nipples in men.
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## Sacubitril/Valsartan

### How do they improve the heart's condition?

It allows sodium and water to pass into the urine, reducing the fluid load on the heart and its blood pressure. It is indicated to reduce the suffocation and fatigue symptoms, improving the quality of life.

### Possibles side effects

- Low pressure.
- Increased potassium blood levels.
- Swelling of face, lips, throat.

### To schedule your cardiology and subspecialty control appointment:

Heart failure, Hemodynamics, Electrophysiology or Cardiovascular surgery, call ext. 7046

### For any questions or concerns, contact us:

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