

# HEART FAILURE MEDICATIONS

## ACE Inhibitors | ARB | ARNI

**Purpose:** Relax blood vessels and reduce the workload on the heart.

**Examples:** Enalapril, Lisinopril, Ramipril, Losartan, Valsartan, Candesartan, Entresto, Olmesartan

- **Benefits:** Improve symptoms, reduce hospitalizations, and **prolong life**.
- **Risks:** Can cause cough, high potassium levels, and low blood pressure.
- **Monitoring:** Regular blood pressure and kidney function tests.

## Beta-Blockers

**Purpose:** Slow heart rate and reduce blood pressure, decreasing heart workload.

**Examples:** Carvedilol, Metoprolol, Bisoprolol

- **Benefits:** Improve heart function, reduce symptoms, and **prolong life**.
- **Risks:** Can cause fatigue, dizziness, and slow heart rate.
- **Monitoring:** Heart rate and blood pressure checks.

## Diuretics (Water Pills)

**Purpose:** Reduce fluid buildup in the body, relieving symptoms like swelling and shortness of breath.

**Examples:** Furosemide, Bumetanide, Spironolactone

- **Benefits:** Relieve symptoms by reducing fluid overload.
- **Risks:** Can cause dehydration, electrolyte imbalances, and kidney problems.
- **Monitoring:** Regular monitoring of electrolytes, kidney function, and weight.

## Aldosterone Antagonists

**Purpose:** Block the effects of aldosterone, a hormone that can worsen heart failure.

**Examples:** Spironolactone, Eplerenone

- **Benefits:** Reduce symptoms and hospitalizations and **prolong life**.
- **Risks:** Can cause high potassium levels and kidney dysfunction.
- **Monitoring:** Electrolytes and kidney function tests.

## SGLT2 Inhibitors

**Purpose:** Originally for diabetes, they are now used to reduce heart failure symptoms.

**Examples:** Dapagliflozin, Empagliflozin

- **Benefits:** Improve symptoms, reduce hospitalizations, and **prolong life**.
- **Risks:** Can cause dehydration, urinary infections, and genital infections.
- **Monitoring:** Kidney function tests and monitoring for infections.