

Medications for Cardiovascular Diseases

This handout summarizes the most important information from the presentation about medications used in cardiovascular diseases. It does not replace a consultation with your doctor.

Important Basic Rules

- Take your medications regularly and exactly as prescribed.
- Do not stop medications or change the dosage on your own.
- Always speak with your medical team if you notice side effects.
- Medications are not a substitute for exercise, a healthy diet, smoking cessation, etc.
- Do not take additional medications without consulting your doctor (e.g. painkillers or herbal products).

The Most Important Medication Groups

1. Blood Thinners / Anticoagulants

- Prevent blood clots and reduce the risk of heart attack or stroke.
- Examples: Aspirin (ASS), Clopidogrel, Eliquis®, Xarelto®, Marcumar®.
- Important: increased risk of bleeding.
- Marcumar® requires regular blood monitoring.

2. ACE Inhibitors and Sartans

- Lower blood pressure and reduce strain on the heart.
- Improve life expectancy in heart failure and after a heart attack.
- Examples: Ramipril, Candesartan, Valsartan.
- Possible side effects: cough, dizziness, impaired kidney function.

3. Beta Blockers

- Protect the heart from stress hormones.
- Lower heart rate and blood pressure.
- Important in heart failure, arrhythmias, and after heart attacks.
- Possible side effects: tiredness, cold hands/feet, dizziness, erectile dysfunction.

4. Cholesterol-Lowering Medications

- Reduce LDL cholesterol and protect the blood vessels.

- Examples: Atorvastatin, Rosuvastatin, Ezetimibe.
- Important for preventing further heart attacks.
- Possible side effects: muscle pain or elevated liver values (depending on the medication).

5. Diuretics (Water Tablets)

- Help the body remove excess fluid.
- Improve shortness of breath and reduce strain on the heart.
- Possible side effects: frequent urination, dizziness, loss of minerals.

Be Aware of Drug Interactions

Some medications can strengthen or weaken each other's effects. Special caution is needed with:

- Painkillers such as ibuprofen or diclofenac taken together with antiplatelet medications
- St. John's wort or high-dose vitamin K preparations together with Marcumar®
- Long-term use of sleeping pills or cortisone

Practical Tips

- Carry an up-to-date medication list with you.
- Take your medications at the same time each day whenever possible.
- Use a pill organizer if needed.
- Ask your doctor or pharmacist if you are unsure about anything.

Important to Know

Many medications not only improve symptoms but also increase life expectancy. Therefore, taking them regularly is very important.

We wish you all the best for your health!