

Getting *on Top* of your medicines

Medicines help with your recovery and your overall heart health.

The medicines you are prescribed will depend on your heart condition. It's normal to take more than one type of medicine, with each medicine helping your heart in a different way. You might also need to take medicines for a long time.

It's important to take your medicines as instructed by your doctor or pharmacist. Even if you're feeling better, never stop taking your medicines or change how much you're taking unless your doctor tells you to.

Understanding and accessing your medicines

Below are some tips to help you better understand your medicines, how to access them and where you can ask for help.



Make a list of the health services closest to you where you can get your medicines and ask questions about them. This could be your GP clinic, pharmacy, hospital or community health centre.



Always carry a list of your medicines with you. You can keep a list in your wallet or on your phone.



Before your next healthcare appointment, write down any questions you want to ask about your medicines such as how and when to take them, possible side effects, or what to do if you miss a dose.



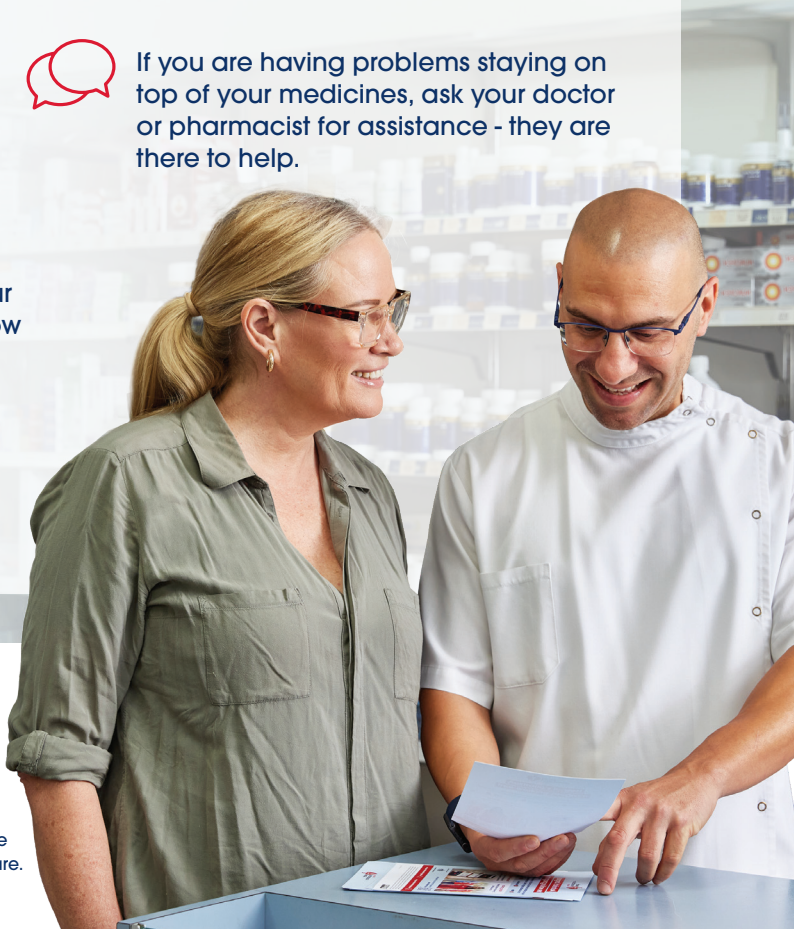
If you are having problems staying on top of your medicines, ask your doctor or pharmacist for assistance - they are there to help.



Refill your scripts early and make sure you always have enough supply to last until your next appointment. Some medicines can now be dispensed in larger quantities, meaning you don't need to fill your script as often.



Use telehealth to discuss your medicines, get a new prescription, or request a medicines review.



Join today and live well with heart disease. Scan the QR code or visit myheartmylife.org.au

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Tips for remembering to take your medicines

 Set a daily alarm	 Take your medicine at the same time as another daily task, such as brushing your teeth
 Keep your medicines in a safe place that is easy to spot, such as the dining table or bathroom counter	 Use pill organisers to remind you what to take and when
 Tick off a wall calendar or medicine tracker to keep track of your medicines	 Stick a reminder note somewhere it can be seen easily
 Ask a family member or friend to remind you when you need to take your medicines	 Use a medicine reminder app on your phone such as MedicineWise

Common types of heart medicines

How they work and why they are important

Medicines to manage blood pressure	<p>These medicines can help improve the flow of oxygen-rich blood around the body. They can also help the heart to pump more easily and efficiently.</p> <p>Types of blood pressure medicines:</p> <ul style="list-style-type: none"> • Angiotensin-converting enzyme inhibitors (or ACE inhibitors). The names of these medicines often end in 'pril' • Angiotensin receptor blockers (or ARBs). The names of these medicines often end in 'sartan' • Beta blockers. The names of these medicines often end in 'lol' • Calcium channel blockers. The names of these medicines often end in 'pine'
Medicines to manage cholesterol	<p>These medicines can prevent fatty plaques building up in the blood vessels (arteries). They also stabilise fatty plaques in the arteries, helping to prevent them from rupturing. A ruptured plaque can form a blood clot, which can block arteries and cause a heart attack or stroke.</p> <p>The names of these medicines often end in 'statin'.</p>
Medicines to prevent and treat angina	<p>These medicines improve the flow of oxygen-rich blood to the heart muscle. They are commonly called 'nitrate medicines'.</p> <p>Long-acting nitrate medicines can be taken every day to prevent angina, in the form of a tablet or patch.</p> <p>Short-acting nitrate medicines can be taken when a person is having an angina episode, in the form of a tablet or spray that goes under the tongue.</p>
Medicines to stop blood clots forming	<p>These medicines work by preventing blood components from sticking together and can help prevent blood clots forming. They are commonly called anticoagulants and antiplatelets. Anticoagulants also treat existing blood clots.</p> <p>Examples include aspirin, clopidogrel, apixaban and rivaroxaban.</p>