

# GUIDE TO COMMON BLOOD PRESSURE MEDICATIONS

| Class                    | Suffix | Common Medications   | How it Works   |
|--------------------------|--------|--|--|
| ACE Inhibitors           | - pril | Benazepril (Lotensin)<br>Enalapril (Vasotec)<br>Lisinopril (Prinivil, Zestril)<br>Quinapril (Accupril)   | When blood vessels dilate, it increases the amount of blood pumped by the heart and lowers blood pressure. |
| Beta Blockers            | - olol | Atenolol (Tenormin)<br>Bisoprolol (Zebeta)<br>Metoprolol (Lopressor, Toprol-XL)<br>Propranolol (Inderal LA, InnoPran XL)                               | Beta blockers make the heart beat more slowly and with less force, which lowers blood pressure.            |
| Calcium Channel Blockers | - pine | Amlodipine (Norvasc)<br>Diltiazem (Cardizem, Tiazac)<br>Nifedipine (Procardia)<br>Nisoldipine (Sular)  | Calcium channel blockers cause the arterial blood vessel walls to relax and expand.                        |
| Diuretics                | - ide  | Chlorthalidone (Hygroton)<br>Hydrochlorothiazide (Hydrodiuril)<br>Loop diuretics:<br>Furosemide (Lasix),<br>Bumetanide (Bumex),<br>Torsemide (Demadex) | Diuretics rid the body of excess water and sodium and are often used in combination with other therapies.  |