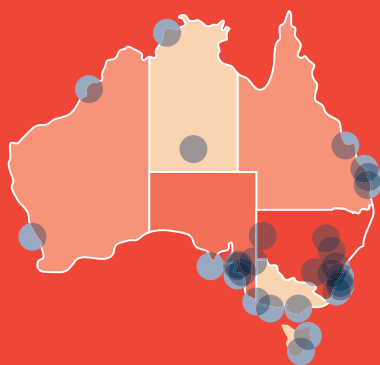
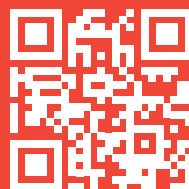


# Medications & your heart health

Please scan the QR code to visit Heart Support Australia's website for additional information and access our online resources to further support your journey.



Being part of Heart Support Australia and sharing your lived experience benefits your heart health in many ways.

A: Level 3/50 Launceston St, Phillip  
ACT 2606, Australia

E: [office@heartnet.org.au](mailto:office@heartnet.org.au)

P: 02 6253 0097

W: [heartsupport.org.au](http://heartsupport.org.au)

 @heartsupportaustralia

 @heartsupportaus

 @heart-support-australia

Heart Support Australia acknowledges the Traditional Owners and custodians of country throughout Australia and their continuing connection to land, waters, and community. We pay our respect to them and their cultures, and Elders past, present and future.



**KNOW YOUR NUMBERS  
TREAT YOUR RISK**

Help reduce the chances of a secondary heart event by knowing your numbers. Visit [www.knowyournumberstreatyourrisk.com.au](http://www.knowyournumberstreatyourrisk.com.au)

#### References

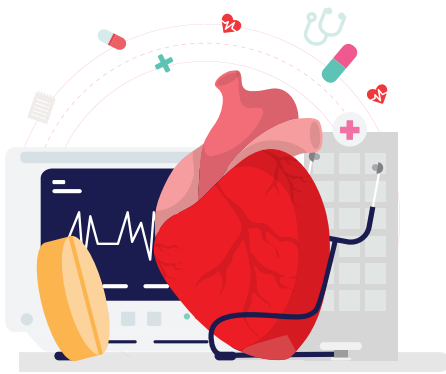
1. Australian Institute of Health and Welfare (AIHW), 2021

2. Australian Institute of Health and Welfare 2017. Medicines for cardiovascular disease. Cat. no. CVD 80. Canberra: AIHW.

3. National Vascular Disease Prevention Alliance. Guidelines for the management of Absolute Cardiovascular disease risk. National Stroke Foundation: 2012



## Medications & your heart health



Having a heart condition means you may be on multiple medications. These medications help your heart pump better, reduce your risk of future heart problems, and improve your quality of life. Your medications are tailored to your individual needs.

Having heart disease may weaken your immune system and increase your risk from contracting serious infectious diseases. These infections can result in complications such as heart attacks, strokes or even death. It is important to stay up to date also with your vaccines for influenza, pneumococcal, COVID-19, RSV and shingles.

### TOP TIPS for taking daily medications to:

- Read the information on your medication; the drug name, strength, when to take, how to take, how to store, and possible side effects.
- Keep a list on your phone/computer and in your wallet/handbag (Medication cards available from Heart Support Australia).
- Take a photo of your medication boxes.
- Get into a routine (e.g., when you brush your teeth, with your evening meal).
- Set an alarm on your phone.
- When travelling, bring a copy of your scripts and extra medications in case of delays.
- Inform your doctor about over-the-counter medications you might be taking.
- Ask your GP or nurse to organize a Home Medicines Review at your home or the local pharmacy.
- Keep up to date with your immunisations including; influenza, pneumococcal, COVID-19, shingles and RSV. Vaccines have shown to reduce cardiovascular events and deaths.

**NEVER suddenly stop taking your medication – see your doctor or pharmacist.**  
**Speak with a registered pharmacist:**  
**Medicines Line – 1300 MEDICINE or 1300 633 424**

## Talking about medications with your health professional

Understanding medicines should begin with conversations with your cardiologist, GP, cardiac nurse, and pharmacist.

### Your medications are safe

- Do I have to take them all for life?
- What side effects should I expect?



## Have questions ready for your GP and cardiologist appointments?

- I feel much better. Can I stop or reduce my medications?
- I haven't had any chest pain. Can I stop carrying my GTN spray?
- If you have been prescribed a GTN spray, you must carry it at all times.
- Do I have to take them all for life?
- What side effects should I expect?
- Can I take generic medications to save money?
- What happens if I forget to take my medications?
- Do I need an action plan if something happens (e.g. AF, chest pains etc.).
- What vaccines am I eligible to have under the National Immunisation Program that will help my overall health?

**It is dangerous to stop taking your heart medications without advice from your GP or cardiologist.  
Medicines Line – 1300 MEDICINE or 1300 633 424.**

Learning how each medication works, how to store it, how to take it and the possible side effects helps you to feel confident to take them.

Some medications take time for your body to adjust.



**Don't stop if you feel better.  
Don't change if you feel unwell – see your GP.  
Understand all medications prescribed to you are safe.**

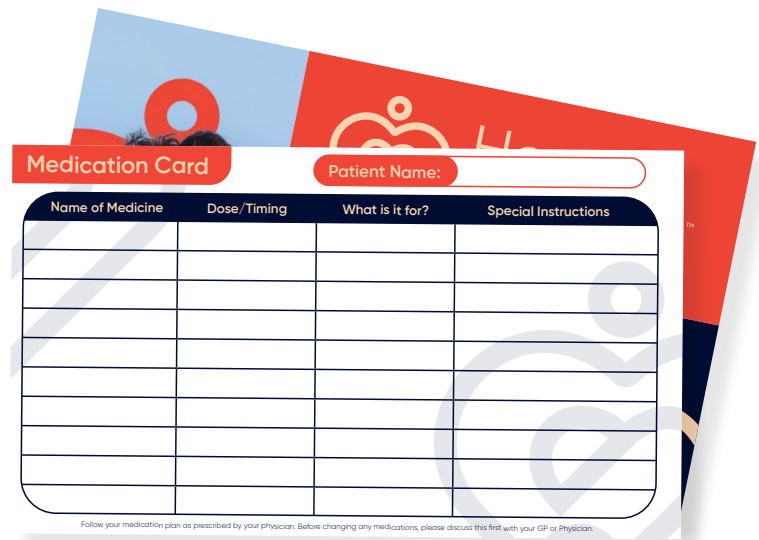
# Medication treatment options

## What you need to know

Heart medications are prescribed for you individually, but they belong to a few main types or categories.

How often you take your medications and the amount/dose you take is individual to you.

It is good to keep a note of your medications on your phone and also a written record in case of emergencies.



### Webster-pack

Following a heart event, you are generally on 5 or more medications.

This can make adhering to taking them difficult. Webster packs, which list each day's medications and are prepacked into those taken at breakfast, lunch, dinner, and bedtime, might be helpful to you. These are available from your local pharmacist.



### Side Effects

If you experience any side effects you must go back to your doctor.

**Common side effects can include:**

- Cough
- Dizziness
- Tiredness/lethargy
- Nightmares
- Muscle aches

You will require blood tests to ensure you are on the correct dose of your medication.

**You must check with your cardiologist prior to surgical procedures, including dentistry.**