

What's The Best High Blood Pressure Medicine?

High blood pressure medicines can literally mean the difference between life and death. The "silent killer" strikes without warning. A seemingly healthy adult can be vibrant one moment and on the way to the morgue the next. Since hypertension is common among older citizens, occasional testing is recommended to monitor any physical changes, before strokes and heart attacks unexpectedly cut lives short. Although a plethora of medicines are available to lower blood pressure, individuals need to know how the medicine affects blood pressure health, and to carefully follow the dosing instructions. Some medicines affect blood pressure health as calcium channel blockers. "Calcium channel blockers help keep your blood vessels from constricting (becoming narrow) by blocking calcium from entering your cells". The medication may be good for people having a tendency to build too much calcium. However, since many post-menopausal and elderly people suffer from osteoporosis, personal physicians will determine whether the calcium channel blockers are the proper choice. For the individuals who cannot take calcium channel blockers, alpha-blockers are another possible solution to high blood pressure. "Alpha-blockers help relax your blood vessels by reducing nerve impulses. This allows your blood to pass through more easily". Nerve impulses can constrict blood vessels, forcing high blood pressure. In order to provide adequate circulation, blood puts more pressure on the constricted artery walls. However, like all medications, only a qualified physician can determine the best medicine for each individual case. Once a doctor determines the best high blood pressure medicines for an individual case, the patient is required to carefully adhere dosing instructions. While some medications like acid blockers can be taking before a meal, at varying times of the day, high blood pressure medications require a strict regiment. In order for the medication to work properly, the patient must never forget to take the recommended dosage. High blood pressure medicine controls the problem, but is not a cure. Forgetting to take a pill will result in a return to pre-medication conditions. Therefore, in an article by the American Heart Association, professionals have suggested several ways to ensure individuals will not fail to take medication.

- * Take it as advised by your doctor.
- * Take it at the same time every day.
- * Take it along with meals if advised or other routine daily events, like brushing your teeth.
- * Use special pillboxes that help you keep track, like the day-of-the-week divided ones you find at drugstores.
- * Ask people close to you to help remind you.
- * Keep a "medicine calendar" near your medicine and make a note every time you take your dose.
- * Put a sticker or reminder note on your medicine cabinet or refrigerator. You can buy a small, magnetized white board with dry-erase markers and list your pills on the board. Each day, mark the board when you take your medication. It's an easy way to keep track, and at the end of the day, just erase the board and start over again in the morning.

Anyone with high blood pressure can use some/all of the recommendations to guarantee medication is not forgotten or accidentally taken twice. Admitted, as people get older, or lead increasingly complicated lives, failing to take medication, or accidentally doubling the daily-prescribed amount is a very real possibility. In conclusion, blood pressure should be checked routinely, especially for the elderly or individuals with a history of hypertension in the family. If medication is required, the type and dosage is determined and monitored by a health care professional. Once the medicines are prescribed, patients are responsible for strictly following a daily routine. While medicine is not a cure, a pill, or two, a day can help millions lead longer, healthier lives.

About the Author

Medical, psychiatric and forensic expert, offering information, articles and links for health and legal professionals and the general.

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