



A GUIDE TO DIABETES MEDICATIONS

Angiotensin-converting enzyme (ACE) inhibitors and angiotensin receptor blockers (ARB) work in different ways to protect the kidneys by preventing the blood vessels from tightening. This makes it easier for blood to flow through the vessels, which reduces blood pressure.



ACE INHIBITORS

ACE inhibitors block a chemical in the body needed to narrow blood vessels. Blood vessels relax and open up, making it easier for blood to flow through the vessels, which in turn reduces blood pressure.

WHEN TAKING ACE INHIBITORS, TALK TO YOUR DOCTOR IF YOU EXPERIENCE:

- › Dry cough
- › Rash or itching
- › Allergy-like symptoms
- › Allergic reaction with generalized swelling, or in rare cases, swelling of the upper airway
- › Excess potassium in the body, especially in people with kidney failure

ACE inhibitors may interact with anti-inflammatory medicines, antacids, potassium supplements, certain diuretics and lithium.

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KNOW YOUR TERMS

Blood vessels are the small “tubes” that carry blood through your body.

Blood pressure is the measurement of how hard your heart pumps blood through your body. The harder your heart is working to pump your blood, the higher your blood pressure will be.

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ARBs

ACE inhibitors can cause an annoying cough, which can be difficult for some people to live with. In these cases, doctors may prescribe an ARB instead. ARBs block the action of a specific hormone that causes blood vessels to narrow. Blood vessels relax and open up, making it easier for blood to flow through the vessels, which in turn reduces blood pressure.

ARBs also increase the release of sodium and water into the urine, which lowers blood pressure.

WHEN TAKING ARBS, TALK TO YOUR DOCTOR IF YOU EXPERIENCE:

- › Diarrhea
- › Stomach problems
- › Muscle cramps
- › Back and leg pain
- › Dizziness
- › Trouble sleeping
- › Nasal congestion
- › Sinus problems
- › Upper respiratory infection

WHO SHOULD NOT TAKE AN ACE INHIBITOR OR AN ARB?

Women who are pregnant or may become pregnant should not take these drugs. In addition, people with advanced kidney failure may require regular blood tests to make sure these medicines do not reduce kidney function or raise potassium levels.

MEDICATION INSTRUCTIONS

- › Take your medicine exactly as directed, even if you feel fine and do not notice any symptoms
- › Do not take more of this medicine than prescribed
- › Do not miss any doses
- › If you do miss a dose of medicine, take it as soon as possible
- › If it is almost time for the next dose, skip the missed dose and return to your regular dosing schedule. Do not double-dose and do not suddenly stop taking your medicine.

DIABETES CARE PROGRAM

Would you like to work one-on-one with a personal health coach? ODS provides a **FREE health coaching program**. Your health coach will be there to answer your questions about diabetes and help you set health goals. The number of sessions will depend on your individual needs. Plus, as an active participant, you will receive a free gift.

If you would like to talk to an ODS health coach, please contact us at:

Portland/Metro: **503-948-5548**

Toll-Free: **877-277-7281**

TDD-TTY: **800-433-6313**

(for hearing and speech impaired)

Or e-mail: **diabetes@odscompanies.com**