

Here are
examples of
beta-blockers
you may
have been
prescribed:

Acebutolol
Atenolol
Betaxolol
Bisoprolol
Blocadren
Carteolol
Cartrol
Carvedilol
Coreg
Corgard
Corzide
Inderal
Inderide
InnoPran XL
Kerlone
Labetalol
Levator
Lopressor
Metoprolol
Nadolol
Normodyne
Penbutolol
Pindolol
Propranolol
Sectral
Senormin
Tenoretic
Tenormin
Timolide
Timolol
Toprol XL
Trandate
Trandide
Visken
Zebeta
Ziac



One thing
you can do—
to live longer
and lower your
chance of
another
heart attack:
**take a
beta-blocker—
for life**

**The American Heart Association and the
American College of Cardiology have
recently said that almost everyone who
has had a heart attack should stay on
beta-blocker medication for life.**



When you were discharged from the hospital after your recent heart attack you were prescribed a beta-blocker—see the list on the back page.

To lower your chance of having another heart attack, *and to help you live longer*, it's important that you keep taking your beta-blocker medicine. Don't stop unless your doctor tells you to do so.

Remember to refill your prescription before you run out of pills.

Q. How long do I need to take a **beta-blocker**?

A. Most people who have had a heart attack should keep taking a **beta-blocker** for life. If you are no longer taking a **beta-blocker**, talk to your doctor about why you stopped and see if you should start again.

Q. What about side effects?

A. While most people do not have side effects from **beta-blockers**, some may feel tired or have other side effects. If you think you have a side effect, do not stop taking the medication—*talk to your doctor*. The symptoms may be due to something else. If the symptoms are due to the **beta-blocker**, changing the dose or type of **beta-blocker** often helps.

Q. What do **beta-blockers** do?

A. **Beta-blockers** help ease the strain of the heart's work. Research has shown that taking a **beta-blocker** can both reduce your chance of having another heart attack and help you live longer, but long term use is key.