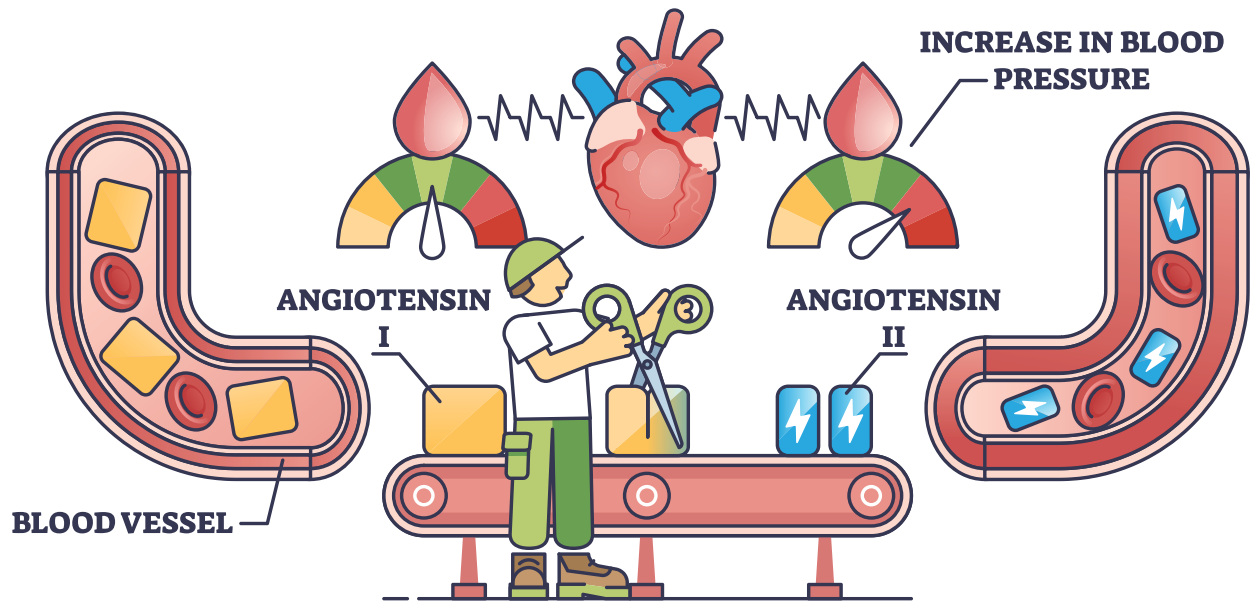


ANGIOTENSIN-CONVERTING ENZYME (ACE)



Hypertension: Medication Deep Dive — ACEs, ARBs & More

Blood pressure medications work through different biological pathways. Understanding how they function helps patients use them more effectively and avoid unnecessary fear. Medication does not mean failure; it is often protection. Knowledge improves adherence and outcomes.

ACE inhibitors reduce angiotensin II production, lowering vascular constriction and kidney sodium retention. ARBs block angiotensin receptors, achieving similar effects with fewer cough-related side effects. Diuretics reduce circulating volume, while calcium channel blockers relax arterial smooth muscle.

Labs may show changes in potassium or kidney function depending on medication class. Monitoring ensures safety and effectiveness. Medications work best when paired with lifestyle habits that reduce vascular strain and insulin resistance.

01 Is This Your Story?

A patient is prescribed an ACE inhibitor and worries it means lifelong dependence. After learning how the medication protects kidneys and arteries, they become more consistent with use. Combined with walking and nutrition changes, BP stabilizes and no additional medications are needed years later.

02 Try This Today

Measure: Identify which BP medication class you use (or may need).

Do: Learn one benefit beyond BP lowering for that medication.

Reflect: Ask whether medication is being used as protection or punishment.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

