Guideline alert for blood pressure patients as treatment combo fails - He...

The Heart and Stroke Foundation and CHEP have translated the professional blood pressure management guidelines and they are available appropriately to lower blood pressure in people with diabetes.

"Sometimes more is not better," says Dr. Tobe. "The good news is that patients who are experiencing side effects recover as soon as they taking and why."

Margaret Moy Lum-Kwong has some advice for Canadians with high blood pressure: "Be aware of your medications – know what you are

Side effects can include fainting, diarrhea, and dangerously elevated potassium levels which could result in the need for dialysis.

"They don't give any additional benefit in combination but each is associated with side effects so all you do is double up the side effects but you don't double up the benefits."

"The combined action of these two drugs is a source of major stress on the kidneys," says Dr. Tobe.

The Heart and Stroke Foundation and CHEP have translated the professional blood pressure management guidelines and they are available at www.heartandstroke.ca. For more information on hypertension medications go to www.hypertension.ca.

The Heart and Stroke Foundation's Blood Pressure Action Plan offers realistic strategies and on-going support to help individuals prevent and control high blood pressure. Canadians can get a free, confidential risk assessment by going to www.heartandstroke.ca.
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