

# Angiotensin Receptor Blocker (ARB)

## What are angiotensin receptor blockers?

ARBs are drugs that are sometimes used to lower your blood pressure and can improve your heart function.

*You may be prescribed ARBs to help:*

- Heart function improve
- Manage high blood pressure
- Prevent kidney strain

## Benefits of ARBs

When using this medication as directed by your healthcare provider, ARBs can:

- Slow your heart failure progression
- Improve your quality of life
- Prolong your life
- Reduce risk of hospitalization
- Reduce your shortness of breath

## Side Effects

Most individuals taking ARBs do not experience concerning side effects. Your other health issues and medications influence what side effects could develop. Please discuss side effects to watch for with your healthcare provider as some are serious. Alternatively, please connect with your community pharmacist.

Ask your healthcare provider when your next regular blood test to monitor your kidney function and potassium needs to be done.

Please know it is common to have your ARB dose started low and adjusted to the “target” dose - the dose that is most effective. Dose moving up is not a sign of a problem.

## Common ARBs

[☐ Candesartan \(Atacand\)](#)

[☐ Irbesartan \(Avapro\)](#)   [☐ Losartan \(Cozaar\)](#)

[☐ Olmesartan \(Olmotec\)](#)

[☐ Telmisartan \(Micardis\)](#)   [☐ Valsartan \(Diovan\)](#)

## Additional Resources

[Medication Tips](#)

To learn more about your medication and its possible side effects please refer to pages 29-30 from your Heart&Stroke handbook or visit the [Heart&Stroke web link](#)



Ask your healthcare provider when to reach out for questions or concerns about your condition and the use of this medication. This may include members of your heart failure team.

## Your heart failure team

☐ Best Care phone contact \_\_\_\_\_

☐ Telehome Monitoring contact \_\_\_\_\_

☐ Community paramedic

☐ Primary care team

☐ Heart failure clinic phone contact \_\_\_\_