

Mineralocorticoid Receptor Antagonist (MRA)

What are MRAs?

MRAs are drugs that can help to improve heart function and may also be used to improve blood pressure and renal function

You may be prescribed an MRA to help:

- Help heart function improve
- Manage high blood pressure
- Manage some liver or kidney problem

Benefits of MRAs

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

- Slow your heart failure's progression
- Improve your quality of life
- Prolong your life
- Reduce risk of hospitalization
- Reduce your shortness of breath
- Reduce swelling in your legs and in your abdomen

Side Effects

Most individuals taking MRA 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.

Please know it is common to have your beta blocker 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. t.

Common MRAs

[☐ Eplerenone \(Inspra\)](#)

[☐ Spironolactone \(Aldactone\)](#)

Additional Resources

[Medication Tips](#) (These medications are listed under Aldosterone Antagonists on this link)

To learn more about your medication and its possible side effects please refer to pages 33-34 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 phone contact
- ☐ Community paramedic phone contact
- ☐ Family Doctor or Nurse Practitioner
- ☐ Heart failure clinic phone contact