

## Lipid Lowering Treatment using Ace Inhibitors and Beta Blockers

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### ABOUT THE STUDY

The use of medications to treat a wider range of cardiac diseases has made significant progress. These medications can extend life, slow the progression of some cardiac problems, and lessen the impact of symptoms on daily function. While many other medications may be administered, the following are the main classes of medications most frequently used to treat cardiac conditions:

Two hormones that contribute to elevated blood pressure, angiotensin II and aldosterone, are reduced by ACE inhibitors. ACE inhibitors assist the kidneys get rid of extra water by widening the arteries and veins. Both of these functions lower blood pressure, improve cardiac oxygenation, and lessen the effort the heart must do. Congestive heart failure and high blood pressure are both treated with ACE inhibitors. Because some studies have indicated that these medications can prevent further damage to the heart muscle, they could be advised for people who have experienced a heart attack. Additionally, these medications may be recommended for those with certain renal diseases, including diabetes. ACE inhibitors can lessen hospitalization requirements, as well as symptoms and life expectancy. Additionally, they could directly benefit the walls of the blood vessels and the heart.

If the patient is taking any other medications, vitamins, minerals, or herbal supplements, especially diuretics or medications or supplements containing potassium, the doctor should be informed before the patient starts using these medications. Without previously consulting their doctor, patients shouldn't consume alcohol while taking these medications. Alcohol and ACE inhibitors together can reduce blood pressure and can cause dizziness. Blood pressure is treated with angiotensin II receptor blockers. These medications stop the activity of the angiotensin II enzyme, which causes the blood arteries to constrict. They may have fewer negative effects than ACE inhibitors and function more directly.

Antiarrhythmic medications are used to treat cardiac rhythm problems such as arrhythmias and atrial fibrillation. Heart palpitations, rapid or irregular heartbeats, dizziness, fainting, chest discomfort, and shortness of breath are all symptoms of these disease.

Different antiarrhythmics function in various ways. They often delay the heart's electrical impulses so the organ can resume its usual beat. There are four categories of antiarrhythmic medications:

- Sodium-channel blockers, which slow the heart's electrical conduction.
- Beta blockers, which work by interfering with hormonal effects (such as adrenaline) on the heart's cells to inhibit the impulses that might result in an irregular heartbeat. These acts lower the heart rate and blood pressure.
- Potassium-channel blockers, which reduce the speed of cardiac electrical impulses.
- Calcium-channel blockers, functions similarly to beta blockers.
- Because each type of antiarrhythmic medicine has a slightly different impact. The patient would need to be watched with a Holter monitor or by doing electrophysiological investigations over the course of a 24-hour period since these sorts of medicines might occasionally worsen or increase arrhythmias.

Any other medication, vitamin, mineral, or herbal supplement the patient is taking should be disclosed to the physician if these drugs are prescribed, especially blood-thinning medications like warfarin, digoxin, or insulin (either by injection or oral administration), as some antiarrhythmic medications may interact with them. Some antiarrhythmic medications can also make patients more sensitive to sunlight, making prone to sunburn.

Beta blockers prevent the body's beta receptors from being stimulated by the hormone norepinephrine, or adrenaline. As a result the heart's nerve impulses move more slowly. Because of this, the heart does not have to work as hard and requires less blood and oxygen while at rest. Additionally, beta blockers can stop the impulses that can lead to cardiac arrhythmia (irregular heartbeat).

Drug therapy can lower cholesterol levels, stop chest discomfort, help the kidneys get rid of extra water in the blood, which means the heart needs to pump less blood overall. Reduce blood pressure, slow down heartbeat, widens blood vessels to decrease blood pressure, stop life-threatening blood clots from forming, and regulate heartbeat.

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**Received:** 03-Oct-2022, Manuscript No. IME-22-20820; **Editor assigned:** 06-Oct-2022, PreQC No. IME-22-20820 (PQ); **Reviewed:** 21-Oct-2022, QC No. IME-22-20820; **Revised:** 31-Oct-2022, Manuscript No. IME-22-20820 (R); **Published:** 08-Nov-2022, DOI: 10.35248/2265-8048.22.12.385.

**Citation:** Thakur J (2022) Lipid Lowering Treatment using Ace Inhibitors and Beta Blockers. Intern Med. 12:385.

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