



# Impacts of Blood Weight Bringing down on Cardiovascular Hazard Agreeing to Standard Body Mass List

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## INTRODUCTION

Blood pressure medications are a cornerstone of hypertension management, helping millions of individuals maintain healthy blood pressure levels and reduce the risk of cardiovascular complications. However, like any medication, blood pressure drugs are associated with potential side effects. It is important for patients and healthcare professionals to be aware of these side effects, understand their implications, and make informed decisions regarding treatment. In this article, we will explore the common side effects of blood pressure medications, discuss their impact on patients, and highlight strategies to manage and minimize these effects while reaping the benefits of effective blood pressure control. Diuretics are commonly prescribed as first-line treatment for hypertension. While they effectively reduce blood pressure, they can lead to side effects such as increased urination, electrolyte imbalances (low potassium levels), and dehydration. These effects can cause symptoms like muscle cramps, fatigue, and dizziness. Regular monitoring of electrolyte levels and adequate hydration can help mitigate these side effects. Beta-blockers work by reducing the heart rate and blocking the effects of adrenaline. While effective in controlling blood pressure, they can cause side effects such as fatigue, cold hands and feet, and sexual dysfunction. Beta-blockers can also mask the symptoms of low blood sugar in individuals with diabetes. Adjusting the dosage, switching to alternative medications, or combining beta-blockers with other drugs can help manage these side effects. Angiotensin-Converting Enzyme (ACE) inhibitors help relax blood vessels, lowering blood pressure. Common side effects include a persistent dry cough, dizziness, and changes in taste sensation.

## DESCRIPTION

In rare cases, ACE inhibitors can cause angioedema, a potentially serious allergic reaction characterized by swelling of the face, lips, throat, or tongue. If a persistent cough occurs, an

alternative medication from another drug class may be considered. ARBs work by blocking the action of angiotensin II, a hormone that narrows blood vessels. They are generally well-tolerated, but some individuals may experience side effects such as dizziness, headache, and gastrointestinal disturbances. Rarely, ARBs may lead to hyperkalemia (high potassium levels) or an allergic reaction. Regular monitoring of potassium levels and prompt reporting of any adverse reactions are important when using ARBs. Calcium channel blockers relax blood vessels by preventing calcium from entering muscle cells in the vessel walls. These medications can cause side effects such as flushing, headache, dizziness, and ankle swelling. Constipation and heartburn may also occur. Switching to a different type of calcium channel blocker or adjusting the dosage can help manage these side effects. Alpha-blockers work by relaxing certain muscles and reducing resistance to blood flow. Common side effects include dizziness, light-headedness, and a sudden drop in blood pressure upon standing (postural hypotension). To minimize these effects, alpha-blockers are often started at a low dose, and patients are advised to rise slowly from a sitting or lying position. In some cases, patients may be prescribed combination medications that contain two or more blood pressure drugs. These combinations can offer convenience and improved blood pressure control.

## CONCLUSION

Blood pressure medications are valuable tools in managing hypertension and reducing the risk of cardiovascular complications. While they can be associated with side effects, the benefits of effective blood pressure control often outweigh the risks. Close collaboration between patients and healthcare professionals is essential to monitor and manage side effects, tailor medication regimens, and optimize individual treatment plans. By striking a balance between blood pressure controls and minimizing side effects, individuals can achieve better cardiovascular health and an improved quality of life.

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