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## Blood pressure medications

Q. I've been on blood pressure medication every morning for many years, and they keep my stress under control. Recently, my doctor recommended taking them before bed, instead. Does that make sense to you?
A: It really makes sense — based on recent research. For many years, there were at least three theoretical reasons for taking blood pressure medication before bedtime. First, a body system that greatly affects blood pressure, called the Renin-Angiotensin system, has its peak activity during sleep. Second, biological rhythms cause differences in the body's chemistry at night compared to the daytime. Third, most heart attacks occur in the morning, before medication taken in the morning has a chance to kick in. Experts are calling for a change in medication to reduce the risk of death.
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people with high blood pressure, and changing readings are a warning sign that you may need to change medications. A new study presented today at the American College of Cardiology Scientifics indicated that two types of high blood pressure drugs - alpha blockers and alpha-2 agonists - are linked to variances in blood pressure. And these fluctuations are associated with an increased risk of death. The researchers from the Intermountain Medical Center Heart Institute in Utah are encouraging doctors to prescribe other blood pressure medications to decrease the mortality risk for their patients. Less variation in your blood pressure as you visit your doctor's office over time means you'll do better long-term.
Dr. Brian A. Clements, the lead researcher, told Healthline. Previous studies have already revealed a link between a large variation in blood pressure and a risk of mortality. But this study did not link these fluctuations to the type of drug used to treat high blood pressure. Over 10,500 people who had at least seven blood pressure readings participated in this study. Participants were enrolled from 2007 to 2011, and followed them for at least five years, until June 2016. The researchers documented both a variation of blood pressure as well as the blood pressure drug used by each participant.
Dr Clyde Yancy, head of the department of cardiology in the department of medicine at Northwestern Feinberg School of Medicine, said the study's findings may reflect an absence of drug efficacy rather than a real omanation of damage. It is very difficult to explain all the many variables at play in this data, and other explanations may still be relevant to explain the damage, he said in a call on behalf of the American Heart Association. That is, alpha blockers and alpha-2 agonists are not necessarily dangerous, but less effective compared to other high blood pressure medications. The findings presented today reflect a growing trend in the U.S. health care system that emphasizes greater importance on Healthy blood pressure range. New scientific guidelines introduced last year identified blood pressure readings as high as 130/80. High blood pressure was previously defined as 140/90. That announcement caused waves because it suddenly put 46% of U.S. adults in the category of high blood pressure. Treatment for hypertension, or high blood pressure, ensued, Yancy said. New evidence makes it clear that we can reduce the risk of stroke and death due to heart disease by strictly controlling blood pressure in those at greater risk of heart disease. For people with high blood pressure, there are a variety of other approved drugs available that may be safer and more effective than alpha blockers and alpha-2 agonists. Both Yancy and Clements point out that these drugs include: tiazaid faults (clorathlidon, hydrochlorothiazide)ACE inhibitors (benazepril, zofenopril, lisinopril, and many others)Calcium canal blockers (amlodipine, diltiazamine)Angiotensin II receptor blockers (losartan, valsartan)These treatments are all safe and effective, Yancy said. Everyone needs to know their blood pressure. If it is [above] 130/80 mm Hg, see a healthcare provider to determine the risk of heart disease and the best approach to treat your blood pressure, he said. But medication isn't the only answer for people with high blood pressure. The best news is that the initial treatment for high blood pressure doesn't always involve drugs. Instead, we now emphasize the benefit of lifestyle changes while adding drugs for those at greater risk with the highest blood pressure, Yancy said. When you take your blood pressure, the top number is for systolic blood pressure. That's how much pressure is exerted on arterial walls when the heart beats. The lower number is dystopian blood pressure. That's how much pressure is exerted on arterial walls between heartbeats. Clement recommends these tips to get accurate and consistent readings: sit or lie down for 15 minutes before taking a blood pressure reading. Don't do anything that might cause stress before you take a call. Be sure to use a blood pressure sleeve that fits. It shouldn't be too big or too tight. Blood pressure medications may benefit from greater health if taken at night, rather than in the morning, according to a study published Tuesday in the journal European Heart Journal.The larger study of more than 19,000 high blood pressure patients found that taking the drug so that it works overnight, when patients sleep, cuts the risk of death and heart-related diseases by nearly half. The same drug that was used at different times of the day actually has different pharmacologic properties, acting like completely different drugs, said the study's lead author, Ramon Hermida, director of bio-engineering and rhonobiology laboratories at the university Spain. Hermida and his research team randomly selected half of the study participants to take their blood pressure pills on waking up in the morning. The other half turned the drug into part of their sleeping stove. The team then tracked down patients for six years, periodically monitoring their blood pressure levels continuously in 48-hour blocks. The differences in results were notable: compared to the group who took their pills in the morning, Lilly had a 40% lower risk of experiencing heart attack, heart failure, stroke or needing procedures to open clogged coronary arteries. Furthermore, their risk of dying from heart problems during the study period was cut by 66 percent. Treating high blood pressure can combat memory loss, Magalian research.
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By taking your blood pressure medication before bedtime, you prevent high blood pressure during sleep, which is a significant risk factor for cardiovascular disease. Hermida told NBC News. Typically, a person experiences a nocturnal dip while sleeping at night: Blood pressure dips by about 10 to 20 percent. But this doesn't happen in some people, and others may even experience an increase in blood pressure during sleep, said Dr. Luke Laffin, a preventive cardiologist at the Cleveland Clinic who wasn't involved in the new study. It makes sense that if we give blood pressure medications at night, we might catch some of those people who have non-perdable patterns, or high blood pressure at night. Laffin said, and protect them from more cardiovascular disease. Previous studies have suggested that better blood pressure control at night may offer an advantage. That was the piece that was missing, said Dr. Renato Leverps, a professor of medicine at Duke University School of Medicine. For the first time in a very large, randomized way, this study really gave us impressive results, said Lyops, who wasn't involved in the new study. While the results are encouraging, researchers say patients with high blood pressure should speak to their doctors before making any changes to their blood pressure medication routine. It is important to understand that this may not apply to drugs that need to be taken more than once a day, or to blood pressure medications that are prescribed to other problems such as angina, Dr Tim Chico, professor of cardiovascular medicine at the University of Sheffield in the UK, said in a statement. And there are other warnings. The new study had participants take all their blood pressure medications at once, either at night or in the morning, rather than some in the morning or some at night. But some cardiologists say many patients will need a more tailored approach. For most people, combining some morning medication and a couple in the evening means you're going to do better, eliminate the side And there's usually better control of your blood pressure over 24 hours. Laffin said. And people don't want to take certain types of blood pressure medications at night, such as diuromas, because they increase urine. The study only included white participants, so it's unclear whether the apparent benefits would be just as effective for African-Americans, who consistently have higher uncontrolled blood pressure and heart disease death rates. The findings also may not apply to people awake all night, such as shift workers. We apologize, this video has expired. How to live longer: Dr Oz shares important health tips in January, 23, 201908:17Meanwhile, simply make sure to take medication for your overall blood pressure shown to significantly reduce the risk of heart attack and stroke. Anyone with a measurement above 130/80 mmHg is considered high blood pressure, according to guidelines from the American Heart Association and the American College of Cardiology.The time of day a person measures their or her blood pressure may also be key. Readings tend to be higher first thing in the morning, so many doctors recommend those tracking blood pressure at home take measurements once in the morning, and once in the evening. Evening.

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