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# Hypertension And You: Old Drugs, New Drugs, And The Right Drugs For Your High Blood Pressure

SAMUEL J. MANN, MD

## Hyper- tension and You

*Old Drugs, New Drugs,  
and the Right Drugs for  
Your High Blood Pressure*

- OFFERS CLEAR INFORMATION ON OLD AND NEW BP DRUGS
- PROVIDES ADVICE ON MINIMIZING DRUG SIDE EFFECTS
- GUIDES READERS TO WORK WITH DOCTORS TO FIND THE RIGHT MEDICATIONS



## Synopsis

Many of the nearly 70 million Americans with hypertension (high blood pressure) would like to bring it under control through lifestyle changes such as losing weight, cutting back on salt, exercising, or reducing stress. But, like it or not, most will require medication to get their blood pressure where it needs to be. The good news is that we have many excellent blood pressure medications which, when prescribed wisely, can control hypertension in almost everyone. The bad news is that, despite good intentions, doctors are placing millions of people who have hypertension on medications, drug combinations, or doses that are wrong for them, with staggering consequences that include uncontrolled hypertension, higher risk for stroke and heart attack, avoidable side effects, and billions of wasted health care dollars. Here, Dr. Mann, a nationally recognized hypertension specialist, identifies the drugs most likely to have side effects, and those that can be used in their place. He describes the shortcomings of some of the new drugs, while also introducing readers to some excellent old drugs that are woefully underused as a result of the publicity blitz surrounding the new, expensive ones. He emphasizes the importance of matching the medication and dosage to the individual who will be taking them, and presents the overlooked clues that can tell us who should be on which drug (even an excellent drug can be the wrong one if it is given to the wrong person or in the wrong dose). *Hypertension and You* is directed at the more than 50 million Americans (including a majority of people over the age of 60) who are taking blood pressure medication. Many patients suspect they might be on the wrong medication, but don't know enough to be sure. This book shows how medications can be prescribed more wisely to achieve better results and gives patients the knowledge they need to capably discuss their medications with their health care providers. *Hypertension and You* provides many ideas and approaches that will be new to readers, and also to many physicians, and which no other book offers. It's the first book to make the case that something is terribly wrong with how doctors are prescribing drugs for this condition. It provides readers with better knowledge of the available medications, empowering them to work with their physician to get onto the medications that are right for them.

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## Customer Reviews

I read this book before making a follow-up visit with my hypertension specialist. I had determined that most of the medicines I had tried up until then were giving me shortness of breath when doing practically nothing at all, except two of them, losartan and HCTZ (hydrochlorothiazide). I explained that I was no longer going to take the third medicine and suggested that we raise the dose of the HCTZ. She said that there was no "middle ground" dose between 25 mg and 50 mg but I replied that there is a way to get 37.5 mg by prescribing 3 capsules daily of the 12.5 mg dose and we went with that. I have a blood test to have done soon to check my potassium levels, and the book suggested that, too. For the most part, the losartan and HCTZ are keeping my BP under 140/80 and I no longer am short of breath after walking across the room. That's all it used to take to make me have to stop and catch my breath. I've had a few readings just above 150 on the systolic reading. I plan to ask if I can be prescribed 4 of these daily with directions to take 3 and add another only if I encounter a somewhat salty meal, like the author of the book does with some of his patients. The author explains very well what the angiotensin-renin system is in the body and what medicines act on the various stages of that system. He also explains how diuretics like HCTZ work, what others are available, and why a potassium-sparing diuretic might be used alongside a regular one. There is also hypertension aggravated by stress, though it's not the major cause of most people's hypertension, and how that can be addressed with certain medicines. The book filled in some of the blank areas in my medical knowledge about hypertension.

I thought my mild hypertension was well controlled and then found out a few months ago that I had been getting lower numbers because of the way I took it. So I began to take it the right way and was disturbed to find out it was sometimes higher than I wanted it to be, i.e., higher than 120/80. So I began a journey of investigating various books, probably 50 in all, looking for information and solutions to hypertension. Like so many people, I first hoped for just a "natural" solution but when I tried to get off one of the medications I've been on for the last 8 years, I got very sick. Then I stumbled upon HYPERTENSION AND YOU and because of the good reviews and the realistic and helpful premise of the book--finding the right drug for me with helpful hints on talking to my doctor about it--I got the book. Wow! This is an amazing book that has changed my life in real ways for the better. It clearly educated me on how the body works and what causes hypertension, what might be causing my hypertension, and the classes of drugs that treat the different causes of hypertension. It is simply magnificent in its clarity about every issue involved from the costs of different drugs, the correct dosages, the side effects, etc. The book is very clear, logical, and not too difficult for the lay person, although it is not an easy read. My copy is underlined and dog eared and I have passed it on to my husband, a physician, to read to make sure I have understood everything. What did I find out for myself? I found out that I am on exactly the correct combination of 2 drugs I should be on! Yeah! I may ask my doctor to tweak the dosage slightly on one of the two but I will wait to see because I'm doing so well.

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