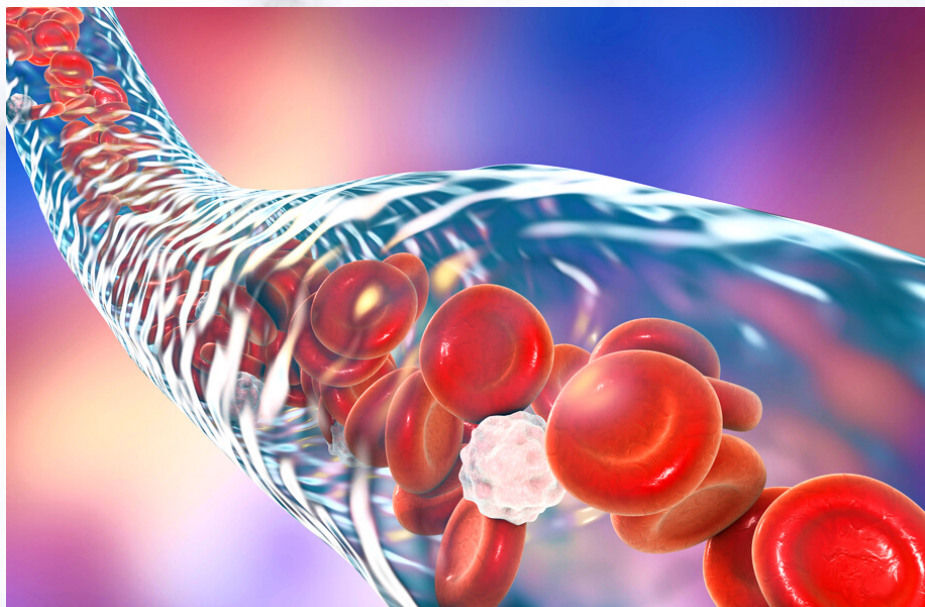


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Velma B. Cox Foundation

For Type 2 Diabetes & High Blood Pressure



COUGHING & HIGH BLOOD PRESSURE MEDICATIONS

By Dr. Aubrey J. Monreau, PharmD

Do you have a dry, hacking cough that will not go away? It may be one of your medications causing a side effect.

Most diabetics are commonly placed on a medication to help reduce blood pressure and prevent kidney disease among other things. When sugar levels remain high, both the large blood vessels (heart) and small blood vessels (kidneys) can be associated with these diseases.

Think about what would happen if you started to fill your water pipes at your home with sugar. In the beginning, you may not see or notice anything different. However, after a while, you will start to notice that water is backing up and eventually very little to no water will be able to pass through the pipes because the sink is clogged. This is how too much sugar in your body affects your blood vessels and blood flow to vital organs.



@vbcfoundation



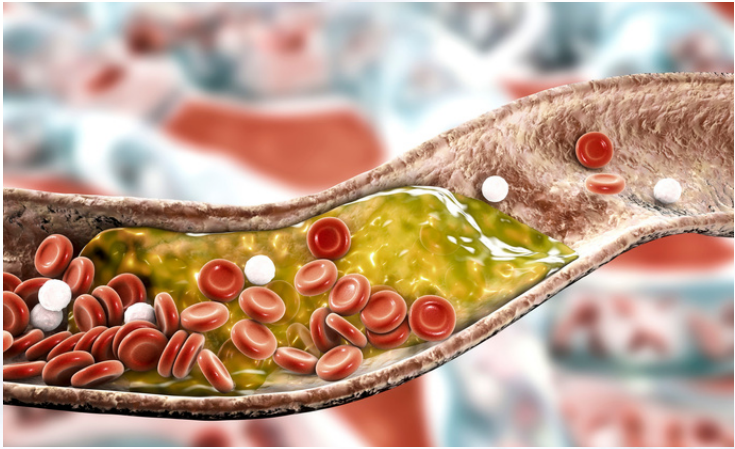
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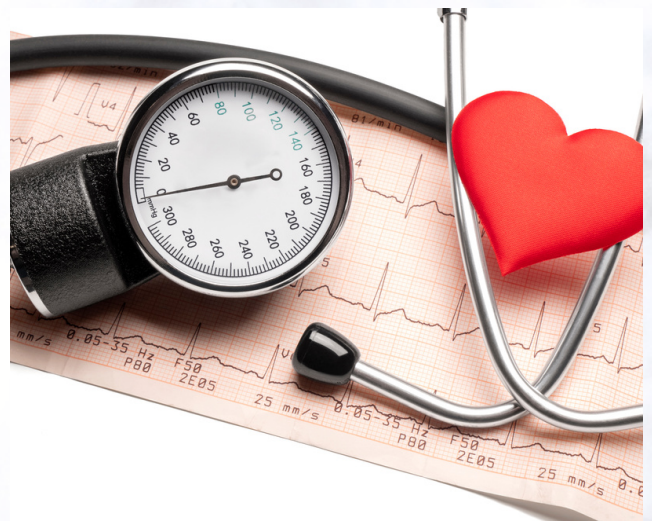
One of the most common side effects of these drugs is cough. This side effect can roughly affect 5% to 39% of people who take ACE inhibitor or ARB. This type of cough is more annoying than dangerous. It is usually dry, hacking, and persistent. Some people may be on medications for years before experiencing a cough. However, most people rarely experience this side effect.

The way most people find out that their dry cough is related to their medication is after trying every cough medicine with no benefit of relief. The good news is that the doctor can change the medicine and the cough will go away with some time. Usually, it takes weeks to months to resolve depending on the person.

For those of you who are worried, please keep in mind that it is important to keep your plumbing system (i.e., your blood vessels) in proper form and good conditions. ACE inhibitors and ARBs are great medications in that the benefits far outweigh the risks associated. This is just a reminder to keep in your back pocket just in case you experience a cough if prescribed these medications. Your kidneys and heart will thank you with a better performance.

Therefore, it is very common for a doctor to provide medication to adjust the pipes, maybe squeeze or loosen them in the right spots to ensure your bathroom and kitchen sinks are all in good working condition.

Usually, the drugs of choice that are prescribed belong to a class of drugs called ACE inhibitors or ARBs. Drugs in these classes end with either a *-pril* or an *-sartan*. Common examples include drugs like Lisinopril, Enalapril, Losartan and Telmisartan.



****Please discuss with your doctor before making any changes on your own. This is just for informational purposes only.**

***Disclaimer:** The included information is not meant to or should not be used to replace or substitute medical treatment, recommendations, or advice of your physician or health care provider. If you believe you have a medical problem or condition, please contact your physician or healthcare provider.*