



ManateeChoice Health Plans

Drug Fast Facts

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FAST FACTS is published by ManateeChoice Health Plans to provide Members the opportunity to better understand medical conditions, various treatment options, and the impact of these options on patient costs. **FAST FACTS** should be used in addition to the sound advice you receive from your physicians, pharmacists, and other healthcare professionals.

High Blood Pressure Fast Facts

Why does High Blood Pressure matter?

High blood pressure or hypertension is known as the silent killer. Many people do not know they have high blood pressure or don't think that it is important, but high blood pressure can lead to:

- *Heart Disease (Leading cause of death in U.S.)
- *Stroke (3rd leading cause of death in US)
- *Eye, foot, and nerve problems
- *Kidney disease

Did you know that **1 in 3** Manatee Health Network members have hypertension?
Hypertension is the medical term for high blood pressure.

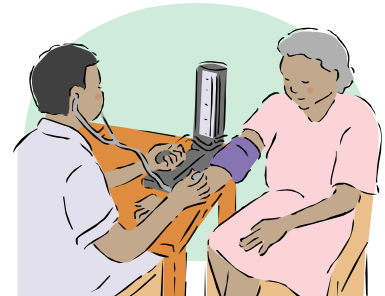
How can I get my blood pressure checked?

There are a number of ways to get your blood pressure checked. Consider these people and places:

Who:	Where:
Manatee County's Clinical Pharmacist and Nurse Advocates	Manatee County Government Building
Manatee Choice Express Bus	At your worksite
Your Doctor	At your regular checkup

How high is "high blood pressure"?

Category	Systolic BP	Diastolic BP
Normal/Goal for most people	<120	<80
Goal for people with diabetes or other high risk factors	<130	<80
Prehypertension	120-139	80-89
Hypertension	>140	>90



What can I do to lower my blood pressure?

- **Lose weight if you're overweight**- losing 10 pounds can help!
- **Increase physical activity**- walking 30 minutes per day can help!
- **Follow a healthy eating plan**, that emphasizes fruits, vegetables, and lowfat dairy foods, choosing and preparing foods with less salt
- **Limit or avoid alcohol consumption** if you currently drink
- **Quit smoking** if you currently smoke

Prehypertension isn't high blood pressure now, but may develop into high blood pressure in the future. You can take steps to prevent high blood pressure by adopting a healthy lifestyle.

Does high blood pressure need to be treated with drugs?

Drugs are often needed to control high blood pressure. The good news is that three of the four most common types of blood pressure medications have generics available. The chart below shows a variety of drugs that are available to treat high blood pressure. If you are taking a preferred or non-preferred brand medication, ask your doctor or pharmacist if switching to a low cost generic is right for you.

Type of Blood Pressure Medicine	Generics (Brand Name)*	Preferred Brands*	Non Preferred Brands*
Copay at MHN Preferred Network Pharmacies	Zero Copay	\$13 or 20%*	\$30 or 40%*
Diuretics	Spironolactone Bumetanide Furosemide Hydrochlorothiazide Chlorthalidone Indapamide Metolazone		
Beta Blockers	Acebutolol Atenolol Betaxolol Bisoprolol Labetalol Metoprolol Nadolol Pindolol Propranolol	Levatol Toprol XL	Cartrol Innopran XL
Calcium Channel Blockers	Felodipine Nicardipine Nifedipine Verapamil Diltiazem	Dynacirc Sular Cardene SR Lotrel (combo CCB/ACEI)	Norvasc Nimotop Cardizem CD Dynacirc CR
ACE Inhibitors	Benazepril Captopril Enalapril Fosinopril Lisinopril Quinapril	Altace Univasc Lotrel (combo CCB/ACEI)	Aceon Mavik
ARBs	No generic ARBs currently available, but if cost is a concern, you may be able to switch to a generic ACE inhibitor	Benicar Benicar HCT Diovan Diovan HCT	Atacand Avapro Cozaar Micardis

*Either a flat co-pay or a percentage of the price, whichever is greater, up to a maximum of \$100. Drugs listed above are the most common formulary choices. The formulary may include additional drugs and is subject to change.

All generic prescriptions filled at Manatee Preferred Network Pharmacies are free!