

Beta-Blockers - side effects

- Fatigue/sleep disturbance
- Bradycardia
- Hypotension
- Heart failure
- Conduction disorders
- Bronchospasm
- GI disturbances

Beta-Blockers - cautions and contraindications

- Asthma
- Uncontrolled heart failure
- Severe bradycardia
- Hypotension/shock
- AV block (2nd and 3rd degrees)
- Pheochromocytoma (unless with alpha blocker)
- Peripheral vascular disease

Beta blockers reduce mortality in mild to moderate CHF - improve symptoms and decrease hospitalisation - benefit is not clear in Class I (mild) or class IV (severe)

Metoprolol

- Beta blocker
- Treats angina and hypertension
- Side effects:
 - Bradycardia
 - Postural hypotension
 - SOB
 - Confusion
- Caution:
 - Other BP altering medicines

Spironolactone

- K⁺ sparing diuretic
- Acts through active metabolite - canrenone
- Blocks aldosterone receptors on the DCT (distal convoluted tubule)
- Taken with ACEi
- Side effects:
 - Gynaecomastia (painful and irreversible)
 - Testicular atrophy
 - Menstrual irregularities
 - Hyperkalaemia (esp. renal impairment)