



DIURETICS

■ WHAT ARE DIURETICS?

Diuretics help to remove excess water from your body. Some diuretics work by causing the kidneys to release more sodium (salt) into the urine. Sodium helps draw water out of the blood. With less fluid in your blood, your blood pressure decreases. Diuretics also relieve symptoms like shortness of breath. That's because excess fluid in your lungs can cause these symptoms.

Some generic or brand names for diuretics include:

- Furosemide (Lasix)
- Hydrochlorothiazide (Esidrix)
- Spironocactone (Aldactone)

■ WHAT ARE THEY USED FOR?

Diuretics are used to lower blood pressure, and to reduce edema or swelling caused by excess fluid in the body. This fluid is often found in the arms and the feet and can be associated with conditions such as heart failure.