

REVIEWED

By Chris at 2:23 pm, Sep 03, 2020

Request an Appointment
Find a Doctor
Find a Job
Give Now

PATIENT CARE & HEALTH INFO

DEPARTMENTS & CENTERS

RESEARCH

EDUCATION

FOR MEDICAL PROFESSIONALS

PRODU SERVIC

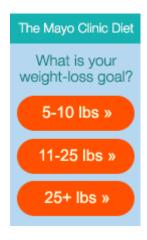
Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

Request Appoir

Beta blockers

Products and services



Beta blockers

Beta blockers treat high blood pressure and other conditions, such as heart problems. Learn why you might need them and their possible side effects.

By Mayo Clinic Staff

Beta blockers, also known as beta-adrenergic blocking agents, are medications that reduce your blood pressure. Beta blockers work by blocking the effects of the hormone epinephrine, also known as adrenaline.

Beta blockers cause your heart to beat more slowly and with less force, which lowers blood pressure. Beta blockers also help open up your veins and arteries to improve blood flow.

Free E-newsletter

Subscribe to Housecall

Our general interest e-newsletter keeps you up to date on a wide variety of health topics.

Sign up now

Examples of beta blockers

Some beta blockers mainly affect your heart, while others affect both your heart and your blood vessels. Your doctor will choose which beta blocker is best for you based on your health conditions.

Examples of beta blockers taken by mouth include:

- Acebutolol (Sectral)
- Atenolol (Tenormin)

Mayo Clinic c products. Adv

Advertising 8

Policy | Op

Mayo Clin

Check out the offers on boo Clinic.

FREE book o

The Mayo Cli

Mayo Clinic c

Mayo Clinic c

NEW – Mayo

- Bisoprolol (Zebeta)
- Metoprolol (Lopressor, Toprol XL)
- Nadolol (Corgard)
- Nebivolol (Bystolic)
- Propranolol (Inderal, InnoPran XL)

When beta blockers are used

Beta blockers aren't recommended as a first treatment if you have only high blood pressure. Beta blockers aren't usually prescribed for high blood pressure unless other medications, such as diuretics, haven't worked effectively. Also, your doctor may prescribe a beta blocker as one of several medications to lower your blood pressure.

Beta blockers may not work as effectively for black people and older people, especially when taken without other blood pressure medications.

Beta blockers are used to prevent, treat or improve symptoms in people who have:

- Irregular heart rhythm (arrhythmia)
- Heart failure
- Chest pain (angina)
- Heart attacks
- Migraine
- Certain types of tremors

Your doctor may prescribe beta blockers along with other medications.

Side effects

Common side effects of beta blockers can include:

- · Cold hands or feet
- Fatigue
- · Weight gain

Less common side effects include:

- Depression
- Shortness of breath
- Trouble sleeping

Beta blockers generally aren't used in people with asthma because of concerns that the medication may trigger severe asthma attacks.

In people who have diabetes, beta blockers may block signs of

Beta blockers - Mayo Clinic

low blood sugar, such as rapid heartbeat. It's important to check your blood sugar regularly if you have diabetes and you're taking a beta blocker.

Beta blockers can also affect your cholesterol and triglyceride levels. They can cause a slight rise in triglycerides, a type of fat in your blood, and a modest decrease in "good" cholesterol, or high-density lipoprotein (HDL) cholesterol. These changes often are temporary.

You shouldn't abruptly stop taking a beta blocker because doing so could increase your risk of a heart attack or other heart problem.

Share

Tweet

Aug. 16, 2019

Show references ✓

See more In-depth

Products and Services

Book: Mayo Clinic 5 Steps to Controlling High Blood Pressure

The Mayo Clinic Diet Experience

Mayo Clinic Healthy Living Program

Book: Mayo Clinic Healthy Heart for Life!

See also

Medication-free hypertension control

6 surprising signs you may have obstructive sleep apnea

After a flood, are food and medicines safe to use?

Alcohol: Does it affect blood pressure?

Alpha blockers

Amputation and diabetes

Angiotensin-converting enzyme (ACE) inhibitors

Show more related content

Other Topics in Patient Care & Health Info

Healthy Lifestyle

Symptoms A-Z

Diseases & Conditions A-Z

Drugs & Supplements A-Z

Appointments

Patient & Visitor Guide

Patient Online Services

Home Beta blockers

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

Terms and Conditions

Privacy Policy

Notice of Privacy Practices

Notice of Nondiscrimination

Mayo Clinic is a nonprofit organization and proceeds from Web advertising help support our mission.

Mayo Clinic does not endorse any of the third party products and services advertised.

Advertising and sponsorship policy

Advertising and sponsorship opportunities

A single copy of t noncommercial p Clinic," "MayoClir Living," and the tr trademarks of Ma Education and Re

© 1998-2020 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.