

நோயாளிக்குத் தகவல்

சிகிச்சை மருந்து:

உயர் இரத்த அழுத்தம்

எசீஇ (எஞ்சோடென்சின் கன்வேர்டங் என்ஸைம்) இன்ஹோபிட்டர்ஸ்



Medicine To Treat: Hypertension - ACE Inhibitors

**எசீஇ இன்ஹோபிட்டர்ஸ் எதற்கு
பயன்படுத்தப்படுகிறது?**

இரத்த குழாய்களை குறுகலாக்கும் எஞ்சோடென்சின் || எனும் பொருள் உற்பத்தியாகுவதை குறைக்க எசீஇ இன்ஹோபிட்டர்ஸ் பயப்படுத்தப்படுகிறது.

எசீஇ இன்ஹோபிட்டர்ஸ் விளைவிக்கக்கூடும் பக்கவிளைவுகள் யாவை?

இதனால் தொடர்ச்சியான மற்றும் ஏரிச்சல் உண்டாக்கும் வரட்டு இரும்மல் ஏற்படக்கூடும். மற்ற பக்க விளைவுகள் அரிதானவை. அவற்றுள் தோல்சிரங்கு, சுவைக்கும் தன்மை இழுத்தல், மற்றும் எழும்போது தலை சுற்றல் போன்றவை அடங்கும்.

**நான் எடுக்கவேண்டிய முன்னெச்சரிக்கை
நடவடிக்கைகள் யாவை?**

நீங்கள் கருவற்று இருந்தாலோ, கருதறிக்க முற்பட்டிருந்தாலோ உங்கள் மருத்துவரிடம் தெரிவியுங்கள். இந்த மருந்து டெய்யராடிக்ஸ் வகை மருந்துகளுடன் உட்கொள்ளக்கூடாது. அவ்வாறு செய்வது உங்கள் இரத்த அழுத்தம் மேலும் குறைவதற்கு வாய்ப்பு அளிக்கும். இந்த மருந்தை உட்கொள்ளும்போது மருத்துவர் உங்களை கண்காணிக்க நேரிடலாம்.

குழந்தைகளுக்கு எட்டாத இடத்தில் மருந்துகளை வைத்திருங்கள்

பொதுவாக பயப்படுத்தப்படும் எச்சிகள் இன்னேபிட்டர்ஸ் யாவை?

- கெப்டோபிரில்
- இனலபிரில்
- இலிசினோபிரில்

நான் ஒருமுறை மருந்தை பயன்படுத்த மறந்து விட்டால் என்ன செய்வது?

- அவ்வாறு மருந்தை உட்கொள்ள மறந்தால் உங்களுக்கு நினைவு வந்தவுடன் உட்கொண்டு விடுவ்கள். ஒருசமயம் அடுத்த வேளைக்கான மருந்தை உட்கொள்ள வேண்டிய காலகட்டம் வந்துவிட்டால் வழக்கமான அளவை உட்கொள்ளுங்கள். மருந்தின் அளவை இரட்டிப்பாக்காதீர்கள்.

என்னுடைய மருந்துகளை எப்படி பாதுகாக்க வேண்டும்?

- வேறு ஆலோசனை வழங்கப்பட்டிருந்தாலன்றி மருந்தை வெப்பம் குறைவான, ஈரமற்ற இடத்திலும் நேரடி குரிய ஒளிபடாத இடத்தில் வைக்கவும்.
- அதற்குரிய ஓட்டுவில்லையுடைய உரைகலத்தில் வைத்திருங்கள். வெவ்வேறு விதமான மருந்துகளை ஒரே உரை, கலத்தில் சேர்த்து வைக்கக்கூடாது.

காலாவதீயங்கள் அல்லது இனியும் தேவைப்படாத மருந்துகளை ஒதுக்கி விடுவ்கள்

1. **What is the difference between a hospital and a clinic?**

A hospital is a large medical facility where patients are admitted for treatment and care. It typically has a range of services including wards, operating theatres, laboratories, and outpatient clinics. A clinic, on the other hand, is a smaller medical facility that provides outpatient services such as consultations, examinations, and treatments. It may also have a laboratory or X-ray department.

2. **What is the difference between a doctor and a nurse?**

A doctor, also known as a physician, is a medical professional who has completed a degree in medicine and is licensed to practice. They are responsible for diagnosing illnesses, prescribing medications, and providing medical treatments. A nurse is a medical professional who has completed a nursing program and is licensed to practice. They assist doctors by providing patient care, monitoring vital signs, and administering medications.

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