



Nadolol, Propranolol and Atenolol

Nadolol (Corgard), propranolol (Inderal) and Atenolol (Tenormin) are in a group of drugs called beta-blockers. Beta-blockers affect the heart and circulation (blood flow through arteries and veins). They are used in the treatment of high blood pressure, but your ENT doctor will use them to prevent migraine conditions.

Dosing

Available as a tablet, usually taken once or twice a day.

Usually your doctor will start at a low dose, taken at bedtime and then, after 1-2 weeks, it may be increased slowly.

Do not stop taking either of these medicines without first talking to your doctor.

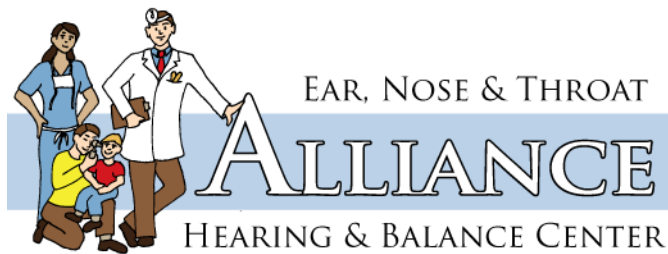
If you need to have any type of surgery, you may need to temporarily stop using nadolol. Be sure the surgeon knows ahead of time that you are using nadolol.

Caution

- Avoid alcohol. Beta-blockers may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be awake and alert. Alcohol could increase drowsiness and dizziness.
- Care must be taken if you have a slow heart rate or low blood pressure.
- May worsen asthma.
- Tell your doctor if you have or have ever had diabetes. Beta-blockers blunt the usual symptoms of low blood sugar (i.e. sweating, agitation, tachycardia). Atenolol carries the highest risk of provoking diabetes.
- If you have severe allergies, an overactive thyroid gland (hyperthyroidism), pheochromocytoma or heart or kidney disease, warn your doctor or pharmacist.
- If you need to have any type of surgery, tell the surgeon that you are using nadolol. You may need to briefly stop using nadolol before having surgery.
- Suddenly stopping a beta-blocker may cause chest pain, heart attack, or irregular heartbeat. Your doctor will probably decrease your dose gradually.
- Tell your doctor if you are pregnant, plan to become pregnant or are breast-feeding.

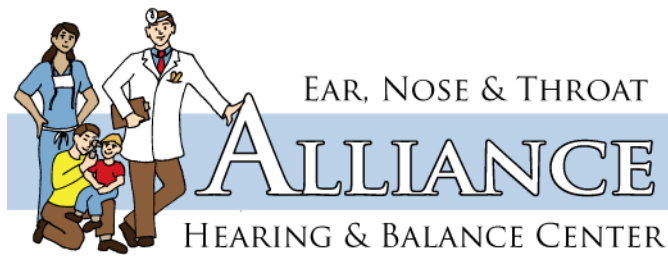
Side effects

- Slow heart rate
- Lightheadedness (low blood pressure)
- Fatigue
- Wheezing
- "Pins and needles" in hands or feet (rare)
- Hearing, balance, visual and speaking problems (rare)
- Less serious: indigestion, constipation, dry mouth, hair loss, problems with sexual function, runny/blocked nose, depression and confusion, difficulty sleeping and nightmares. Atenolol usually has the least effect of depression, confusion, sleep disturbance and nightmares.



HEADACHE DIARY Patient Name:

DATE	HEADACHE START TIME	HEADACHE STOP TIME	LOCATION	SEVERITY (0-3 SCALE)	LIST ASSOCIATED SYMPTOMS	DISABILITY SCALE	MEDICINE
				0=None 1=Mild 2=Moderate 3=Severe	0=None 1=Nausea 2=Vomiting 3=Photophobia 4=Phonophobia 5=Dizzy	0=None 1=Mild 2=Moderate 3=Severe	
SUN							
MON							
TUES							
WED							



THURS								
FRI								
SAT								