 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Continue ACE inhibitors and ARBs amid COVID-19 outbreak

Patients should not stop taking their angiotensin-converting-enzyme (ACE) inhibitors or angiotensin-receptor blockers (ARBs), despite theoretical concerns that their use might worsen outcomes in the event of infection with COVID-19, according to a new statement from the American Heart Association, the American College of Cardiology, the Heart Failure Society of America and the European Society of Hypertension.¹

An article published in Lancet Resp Medicine 11 March 2020 suggested that coronavirus can bind to target cells through ACE-2 receptors, and speculates that ACE-2 upregulation from ACEI and ARB could increase the risk of developing severe and fatal COVID-19. There is no clinical data to support that contention.

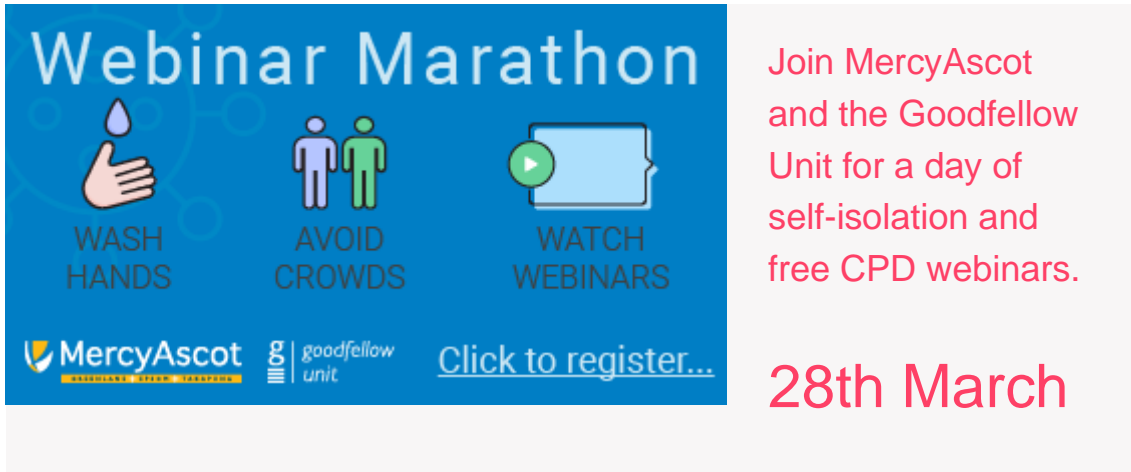
At this point the risk to a patients health from cardiovascular causes and events of stopping these medications would outweigh any theoretical harm from COVID -19.

This Gem has the support of Associate Professors Rinki Murphy and Gerry Devlin and Dr Hari Talreja.

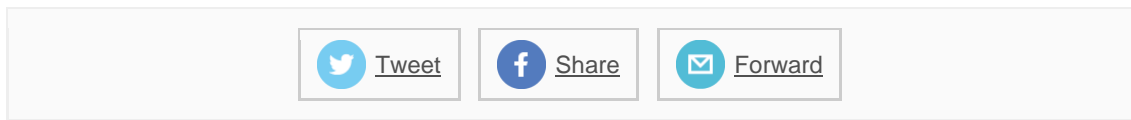
Reference:

1. Heart Groups: Patients with COVID-19 Should Continue ACE Inhibitors & ARBs NEJM (2020) [View here](#)

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The banner features a blue background with white text and icons. At the top, it says 'Webinar Marathon'. Below this are three icons: a hand being washed with water, two people standing, and a play button on a screen. Under each icon is a corresponding instruction: 'WASH HANDS', 'AVOID CROWDS', and 'WATCH WEBINARS'. At the bottom left are the logos for 'MercyAscot' and 'goodfellow unit'. To the right of the logos is a link that says 'Click to register...'. On the right side of the banner, there is red text that reads 'Join MercyAscot and the Goodfellow Unit for a day of self-isolation and free CPD webinars.' and '28th March'.



A row of three social media sharing buttons: 'Tweet' with a Twitter icon, 'Share' with a Facebook icon, and 'Forward' with an envelope icon.

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