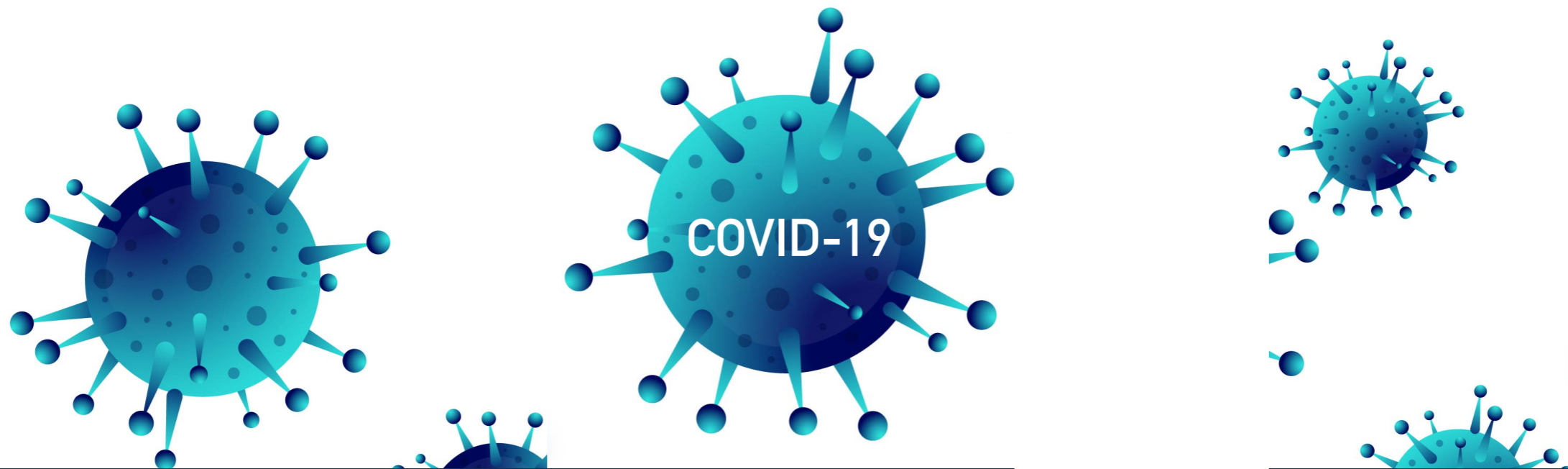
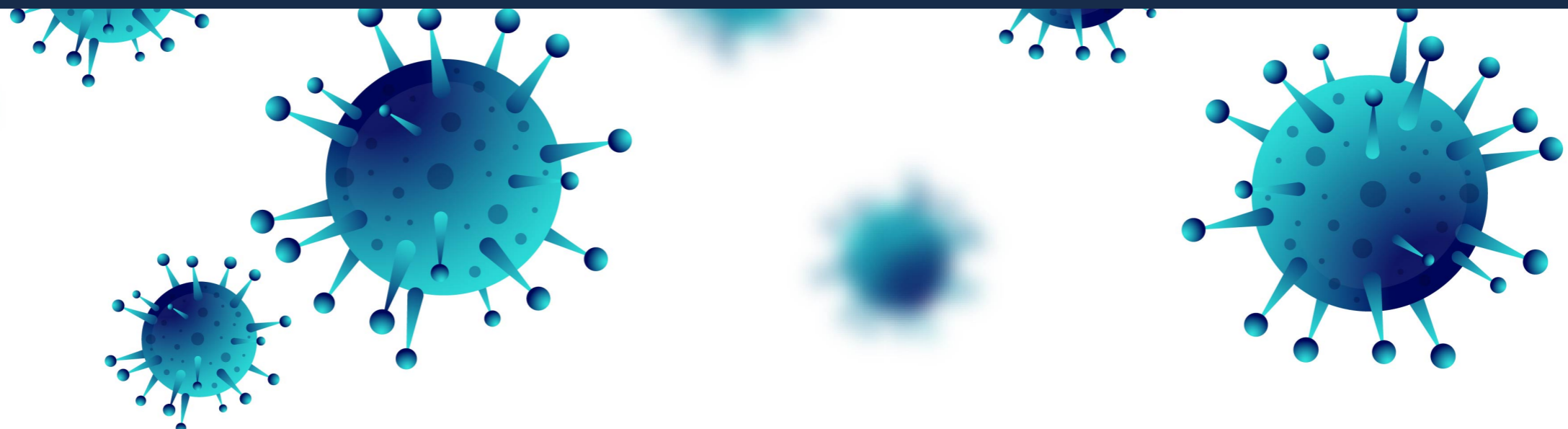


INTEGRATIVE AND FUNCTIONAL COVID-19 NUTRITION CORE COURSE



ADVISORY FROM MEDICAL BOARD RE: MEDICATIONS THAT IMPACT ACE-2 RECEPTORS



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CORONAVIRUS CONUNDRUM

The coronavirus conundrum also extends to the medical field in relation to popular blood pressure medication. ACE-inhibitors and ARBs, used for the treatment of high blood pressure, also work on the ACE-2 receptor so many patients are wondering whether they should come off their medication. The current recommendation is to NOT STOP MEDICATION without doctors advice.

How do you know if you are on an ACE-inhibitor or ARB? ACE-inhibitors end in 'pril' like lisinopril and ARB's end in 'tan' like losartan. But regardless of which one you may be on, the current recommendation is to stay on your medication. Some evidence shows that these medications may in fact be beneficial in the management of COVID-19 patients.

I would recommend that you make a note to keep track of this one in the future to see if the medical board makes any changes to their recommendation based on new evidence in the future. You can do that by following the links on the next slide.

Patients who are taking ACE inhibitors or ARBs are not advised to change their therapy unless advised to do so by their physician

**DO NOT STOP YOUR
MEDICATION
WITHOUT DOCTORS
ADVISE.**

Not sure which medication you are on? [Click here](#) for a list of blood pressure medications and their categories.