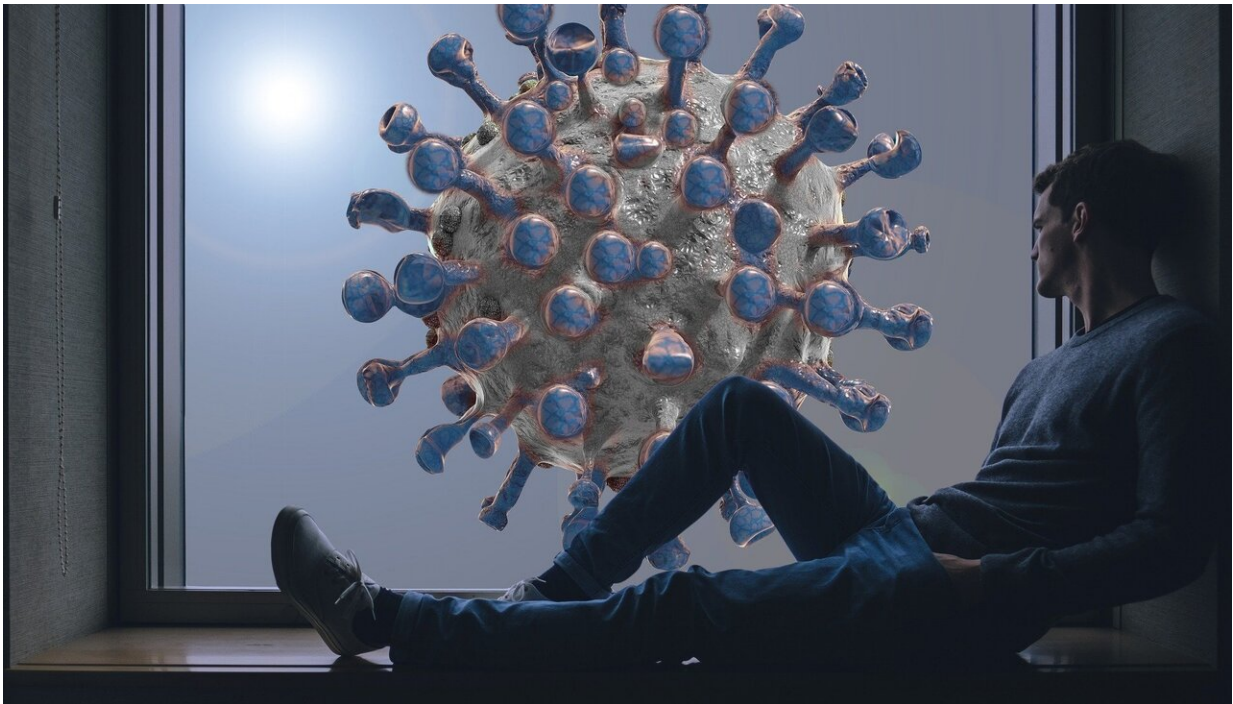


Losartan found ineffective in reducing hospitalization from mild COVID-19

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University of Minnesota Medical School researchers determined that the common blood pressure medication, losartan, is not effective in reducing hospitalization for mildly-ill COVID-19 outpatients.

In the multicenter, randomized, double-blinded clinical trial, non-

hospitalized patients recently diagnosed with COVID-19 were given either [losartan](#) or a placebo and monitored for 15 days. The study's results, which were published in *EClinicalMedicine*, showed that although losartan does not reduce the likelihood of hospitalization, the medication does not appear to worsen symptoms of COVID-19 or have any significant or harmful side effects on patients with mild COVID-19.

"Based on our results, there is no benefit to starting losartan for newly diagnosed outpatients with COVID-19, but those who are already taking the medication for pre-existing [health conditions](#) should feel safe continuing it," said Michael Puskarich, MD, an associate professor in the Department of Emergency Medicine at the U of M Medical School and co-principal investigator of this study. He is also an emergency physician at Hennepin Healthcare.

Conflicting hypotheses since the start of the pandemic led this research team to investigate losartan as a potential treatment option. While some experts believed drugs like losartan may reduce inflammation and help those infected recover, others worried that the drug could worsen COVID-19 symptoms.

"Given SARS-CoV-2 binding with ACE2 there has been significant research interest into the utility of ACE and AT1R blocking agents to combat COVID-19. This study provides insight that for patients with mild COVID-19, who do not require hospital admission, that there is no benefit or harm from such agents," said co-principal investigator Christopher Tignanelli, MD, MS, an assistant professor in the Department of Surgery at the U of M Medical School and critical care surgeon with M Health Fairview.

The same team has been working on another trial for inpatients to evaluate if losartan prevents lung injury in hospitalized patients with COVID-19 pneumonia. They have completed enrollment and are

currently analyzing the data.

More information: Michael A. Puskarich et al, A multi-center phase II randomized clinical trial of losartan on symptomatic outpatients with COVID-19, *EClinicalMedicine* (2021). [DOI: 10.1016/j.eclinm.2021.100957](https://doi.org/10.1016/j.eclinm.2021.100957)

Provided by University of Minnesota Medical School

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