

To my valued patients -

The following is a corona virus update with the most up-to-date information regarding your personal health.

## **Video Conferencing**

Video Conferencing is going very well. We are seeing more patients by teleconference than in the office. Please first call our offices at 310-859-9170 for an appointment and at your appointed time call us via WhatsApp 310-890-7585.

## **Blood pressure medications**

We have started to receive queries about whether individuals should take their blood pressure medication because of interaction with the COVID-19 virus. Almost all world health organizations are currently recommending you continue your blood pressure medications. The American College of Cardiology, The Heart Failure Society of America, and The American Heart Association report that if patients contract COVID-19 and are taking ACE inhibitors or ARB's, they should not stop their hypertension treatment unless told to do so by their doctor. The president of the American College of Cardiology stated. "The continued highest standard of care for cardiovascular disease patients diagnosed with COVID-19 is our top priority, but there are no experimental or clinical data demonstrating beneficial or adverse outcomes among COVID-19 patients using ACE-i or ARB medications."

These recommendations are similar to those the ESC (European Society of Cardiology); the ESC also urged their patients to continue these medications.

Therefore, ***please do not stop your blood pressure medications***. If future studies show outcomes to be different, the recommendations will be adjusted accordingly.

## **Ibuprofen**

The World Health Organization (WHO) is recommending avoiding taking Ibuprofen for COVID-19. Evidently French officials warned that anti-inflammatory drugs could worsen the effects of the virus. They are recommending that patients take paracetamol which is the European version of acetaminophen or Tylenol according to bottled instructions. If you are already taking Ibuprofen for other reasons, you should call me first if you wish to stop. I have not seen any US sources to corroborate this WHO recommendation. Personally, I would like to see more evidence, but if there is a chance of a problem and Tylenol is so easy to obtain, my recommendation is to take Tylenol for fever and aches until more studies, either pro or con, are available. By the way, one should consider not using other non-steroidal anti-inflammatories, if possible, for COVID-19 symptoms until this is resolved. Other non-steroidal medications include aspirin, naproxen (Aleve), celecoxib (Celebrex) and others. Ibuprofen comes under the brand Advil and Motrin, as well as others.

A very important note...before stopping non-steroidal medications for other diseases please call me or the prescribing doctor. This WHO notice is only about taking Ibuprofen for COVID-19, and no other diseases. The risk of stopping might be greater than the risk of staying on the medication for your disease. Please don't stop or start medications based on internet rumor.

## **Testing**

We are now able to get testing through Cedars-Sinai. The qualifications for testing are changing moment to moment as more tests become available. Here is the process as of now.

1. Call our offices and set up a teleconference.
2. During your teleconference you will be asked, among other questions, about fever, cough, exposures, travel and compromised immune system.
3. If you meet the necessary criteria, we will contact Cedars outpatient and send them the required referral report.
4. Cedars will contact you for a time to arrive for testing.
5. You will probably get your result in about 3 days.

As more tests become available, we will be able to improve the turn-around time. We have been having discussions with entities telling us about tests that will provide results within 24 hours. Also, we suspect there will be drive through centers in the coming weeks. We will keep you posted.

As always, if you have any questions, please call me at 310-859-9170. Your health is our priority.