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Summary

Angiotensin receptor blockers: its influence in patients on a gluten-free diet

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Podcast Episode

Neurogastroenterology & Motility

December 8, 2021

Angiotensin receptor blockers may worsen symptoms and impair mucosal healing in patients with coeliac disease on a gluten-free diet, according to a retrospective Irish case-control study.

KEY POINTS

- A retrospective single-centre study of 40 coeliac patients taking ARBs (matched 1:2 with non-ARB controls) found persistent symptoms in 25% versus 9% of controls (p=0.018) and lower rates of complete mucosal healing (36% versus 55%, p=0.04).
- The guest argues that clinicians should avoid prescribing ARBs in coeliac patients, particularly older patients diagnosed later in life who are more likely to develop hypertension and require antihypertensive therapy.
- ARB enteropathy can mimic or confuse the picture of non-responsive or refractory coeliac disease; the guest recommends thorough medication review in any coeliac patient with persistent symptoms or non-healing mucosa.
- The discussion explored whether ARBs might precipitate coeliac disease in genetically predisposed individuals (HLA-DQ2/DQ8 carriers) or trigger refractory disease, though the mechanism remains poorly understood.
- Gastroenterologists managing coeliac disease, particularly those seeing older or non-responsive patients, and researchers interested in gluten-related disorders and drug-induced enteropathy will find this episode relevant.

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