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in the interest of public health education.

[www.kidney.net.nz](http://www.kidney.net.nz)

## Some common ACEi and ARBs

Some prescription pharmaceutical medicines have both properties of **lowering blood pressure** and **reducing protein in the urine** (proteinuria). There are two main classes of these available in New Zealand – ACE inhibitors and ARBs. The medications are often utilised in renal disease to protect the kidney.

The benefit of these classes of medicines is they do two things at once to protect the kidneys: lower blood pressure (target usually below 130/80mmHg in kidney disease) and reduced protein in the urine.

Occasionally these medicines cannot be used in kidney disease, but this is uncommon. Most people with kidney disease, especially if they have proteinuria (protein in urine) will be on an ACE or ARB.

### ACEi (Angiotensin Converting Enzyme inhibitors)

- Cilazapril
- Enalapril
- Lisinopril
- Perindopril
- Quinapril
- Trandolapril

### ARBs (Angiotensin Receptor Blockers)

- Candesartan
- Losartan

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