



# The impact of antidiabetic medications on COVID-19 outcomes in diabetic patients: an overview

 Malek Zarei<sup>1\*</sup> , Navideh Sahebi Vaighan<sup>2</sup>, Sepideh Shiravand<sup>2</sup>, Sara Mohammadvali-samani<sup>2</sup>, Mohammad Abbas Sheikholeslami<sup>2</sup>, Zahra Roudbari<sup>3</sup>

1. Shahid Beheshti University of Medical Sciences, Tehran, Iran
2. Brigham and Women's Hospital, Boston, Massachusetts, United States
3. Shiraz University of Medical Sciences, Shiraz, Iran

## ABSTRACT

The advent of Coronavirus Disease 2019 (COVID-19), first identified in Wuhan, China, has led to significant mortality and morbidity worldwide, disproportionately affecting individuals with comorbidities such as diabetes mellitus (DM), cardiovascular diseases (CVDs), and obesity. Evidence suggests a strong correlation between DM and heightened risk of severe COVID-19 complications, which is thought to be exacerbated by factors such as hyperglycemia, systemic inflammation, immune dysregulation, and the increased expression of the angiotensin-converting enzyme 2 (ACE2) receptor in pancreatic cells. The interaction of COVID-19 with antidiabetic medications is complex, with varying reports on how these drugs may influence the disease trajectory in diabetic patients. This article seeks to synthesize the current literature on the role of antidiabetic agents in managing COVID-19 in patients with diabetes, elucidating their potential protective or adverse effects and providing a comprehensive overview of the evolving understanding of this critical interface.

**Keywords:**  
COVID-19  
Diabetic patients  
Antidiabetic agents  
COVID-19 outcomes

## Introduction

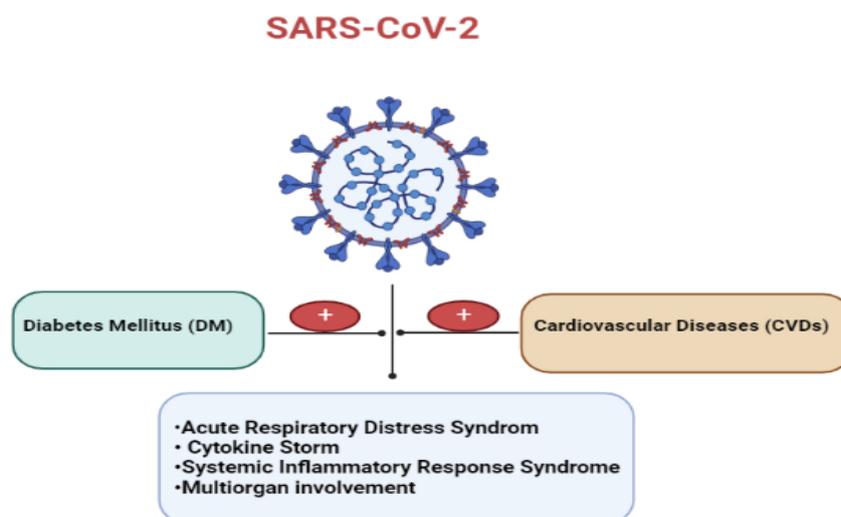
The onset of the Coronavirus Disease 2019 (COVID-19) pandemic, instigated by the Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), has precipitated a global healthcare crisis, overwhelming healthcare systems across numerous nations (Chen et al., 2020b; Zhu et al., 2020). Initially presenting with mild symptoms, COVID-19 can escalate into severe ill-

ness within two weeks, manifesting as Acute Respiratory Distress Syndrome (ARDS), Systemic Inflammatory Response Syndrome (SIRS), multiorgan dysfunction, and even shock (Wu and McGoogan 2020). Notably, the risk of severe outcomes, including higher morbidity and mortality, is significantly elevated in certain demographics: older individuals, males, and those with pre-existing health conditions such as obesity, Diabetes Mellitus

\* Corresponding author: Malek Zarei, m.zarei@sbmu.ac.ir

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**FIGURE 1.** The impact of COVID-19 on the Diabetes Mellitus

(DM), and cardiovascular diseases (CVDs) (Goyal et al., 2020; Grasselli et al., 2020; Mortada et al., 2017) (Figure 1).

Data from various cohorts have underscored a stark correlation between DM and increased instances of COVID-19-related hospitalizations and fatalities (Stoian et al., 2020b). Diabetes not only heightens the probability of intense COVID-19 manifestations but also correlates with an uptick in hospital admissions and mortality rates (Stoian et al., 2020a). Several mechanisms are proposed to underpin this correlation: hyperglycemia induced by DM may exacerbate inflammation, immune dysregulation, and viral replication (Bojkova et al., 2020). Specifically, hyperglycemia could potentiate viral replication via the ACE2 receptor, which is integral to viral entry into host cells and is also expressed in pancreatic endocrine cells (Wang et al., 2015; Yang et al., 2010). Consequently, viral-induced damage to these cells can worsen pre-existing hyperglycemic conditions (Bojkova et al., 2020). Complicating matters, certain COVID-19 treatments, such as corticosteroids and antivirals, may further contribute to elevated blood sugar levels (Lim et al., 2021). Furthermore, inflammation, a hallmark of severe COVID-19, can precipitate insulin resistance by impacting the liver and skeletal muscles, both critical in glucose homeostasis (Šestan et al., 2018). It also increases the risk of macro- and microvascular complications in patients with Type 2 DM (T2DM) with pre-existed mild vascular inflammation due to chronic

hyperglycemia (Cheema et al., 2020), putting them at a significantly higher risk of mortality due to COVID-19 compared to other patients (Basra et al., 2021; Holman et al., 2020) (Figure 2).

The dysregulation of immune responses in several diabetic patients is another factor exacerbating the clinical course of COVID-19 (Verma et al., 2021). Cytokine storm is the leading cause of inflammation-induced pulmonary damage, severe pneumonia, and subsequent death in severe COVID-19 (Zarei et al., 2021). In this context, the pharmacological profile of antidiabetic medications may significantly affect COVID-19 outcomes (Rizvi et al., 2021). Beyond glycemic control, certain antidiabetic agents have demonstrated anti-inflammatory effects in animal models, protecting lung function and modulating cytokine production (Groop et al., 1989; Šestan et al., 2018). However, some antidiabetic drugs have been contraindicated due to detrimental effects reported in the context of COVID-19 (Lim et al., 2021). This article provides a comprehensive overview of antidiabetic medications, exploring both their potential therapeutic benefits and adverse impacts on the clinical course of diabetic patients with COVID-19 (Table 1).

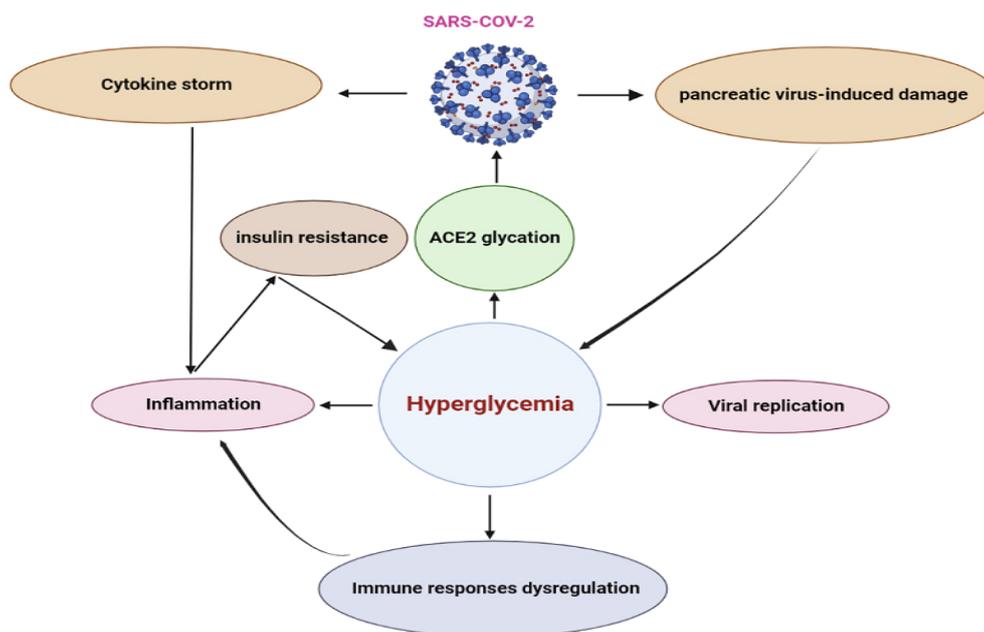
#### *Oral antidiabetic agents*

##### **Metformin**

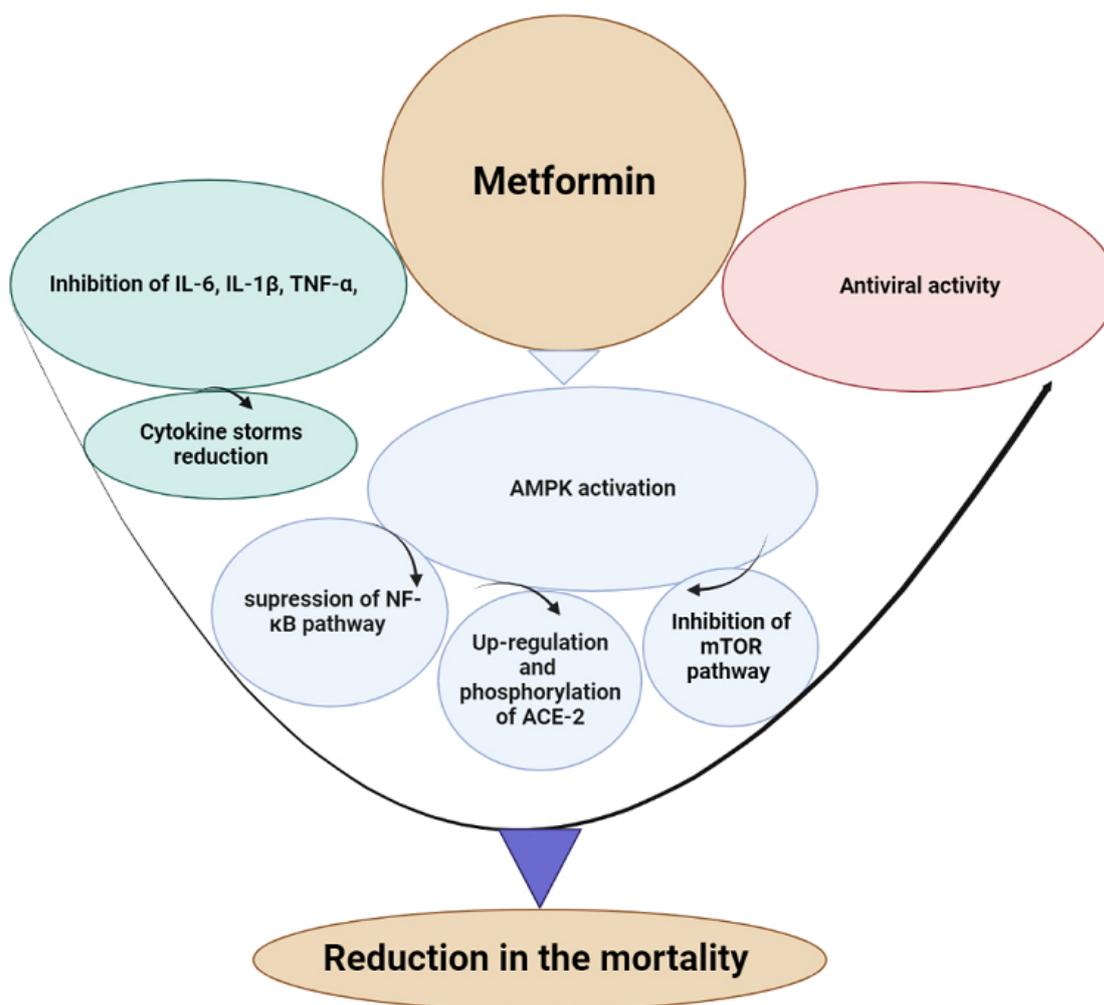
Metformin, a biguanide derivative, is widely prescribed for the management of T2DM, CVDs, and various forms of cancer, and is noted for its roles in appetite

**TABLE 1:** Overview of Antidiabetic Agents and Their Effects on COVID-19 Outcomes

DRUG	Anti-inflammatory effect	Cardiovascular effect	Pulmonary effect	Nephrological effect	Mortality	Anti-viral
Metformin	Positive effect	-	Positive effect	-	Decrease	Positive effect
Sulfonylurea	Positive effect	-	-	-	No effect- Decrease	
TZDs	Positive effect	Positive effect/increase CVD-related mortality (only rosiglitazone)	Anti-fibrotic effect	Positive effect		Positive effect
GLP-1 and GIP	Positive effect	Positive effect	Positive effect	Positive effect	Decrease	Positive effect
DPP4 Inhibitors	Positive effect	-	-	-	Decrease	Positive effect
SGLT2 Inhibitors	Positive effect	Positive effect	Anti-fibrotic effect	Positive effect	Decrease	
Insulin	Positive effect	Positive effect	Negative effect	-	Paradoxical	
Bromocriptine	Positive effect	Positive effect	-	-	-	Positive effect



**FIGURE 2.** Mechanisms of SARS-CoV-2 Induced Hyperglycemia.



**FIGURE 3.** Evaluating the Therapeutic Benefits of Metformin in Managing COVID-19 in Diabetic Patients.

reduction and potential anti-aging benefits (Lv and Guo 2020). Recent studies advocate for metformin's efficacy in treating patients with these conditions (Chen et al., 2020c; Luo et al., 2020), attributing its therapeutic effects to hypoglycemic, anti-inflammatory, and antiviral mechanisms. Given the pivotal role of inflammation in COVID-19 severity and complications, metformin's anti-inflammatory action is particularly valuable, although some studies report conflicting results regarding these benefits (Sharma et al., 2020).

Metformin's direct anti-inflammatory effect is evidenced by its modulation of metabolic parameters (Bharath and Nikolajczyk 2021) and reduction in pro-inflammatory cytokines such as IL-1 $\beta$  and Tumor Necrosis Factor  $\alpha$  (TNF- $\alpha$ ), as observed in the lung tissue of rats with pulmonary inflammation and fibrosis. It also impedes the fibrosis process via the AMP-activated Pro-

tein Kinase (AMPK)-mTOR pathway (Li et al., 2021). In vitro studies reveal that metformin suppresses IL-6 production in monocytes infected with SARS-CoV-2 (Cory et al., 2021a), mitigates ARDS by curtailing cytokine release from lung macrophages (Xian et al., 2021), and curbs chronic inflammation by augmenting AMPK activity alongside antioxidant defenses (Martin-Montalvo et al., 2013). Metformin's activation of AMPK also leads to phosphorylation of ACE-2, altering the receptor's conformation and function, which may hinder SARS-CoV-2's cellular entry and enhance ACE2's stability, thus exerting a lung-protective effect (Malhotra et al., 2020). Additionally, the activation of AMPK by metformin can suppress the Nuclear Factor  $\kappa$ B (NF- $\kappa$ B) pathway, implicated in acute lung injury (Zhang et al., 2011), and might modify mitochondrial or microbial functions (Malhotra et al., 2020).

Metformin has been documented to possess antiviral activities against both DNA and RNA viruses, facilitated by AMPK activation. This includes action against Hepatitis B and C Viruses (HBV, HCV) (Xun et al., 2014), dengue virus, Coxsackievirus B3 (CVB3) (Xie et al., 2015) and Kaposi sarcoma herpesvirus (Cheng et al., 2016). Notably, metformin impedes the production of HBV surface antigens and enhances the inhibitory effects of interferon- $\alpha$ 2b and lamivudine on HBV antigen expression (Xun et al., 2014). When used alongside antiviral drugs such as peginterferon or ribavirin, metformin has been shown to improve HCV clearance (Romero-Gómez et al., 2009). Additionally, metformin diminishes viral replication and related myocarditis in CVB3-infected mice, thus improving survival rates (Xie et al., 2015). These observations suggest that metformin could play a beneficial role in SARS-CoV-2 infection management, especially when combined with other antiviral medications.

Epidemiological and clinical studies have explored the impact of metformin on diabetic patients with COVID-19. Epidemiological data indicate that pre-diagnostic metformin use may reduce mortality by as much as threefold (Cory et al., 2021b; Crouse et al., 2021). A retrospective study of 120 diabetic patients hospitalized with COVID-19 showed a significant mortality reduction among those treated with metformin (Chen et al., 2020c). Luo et al.'s multivariate analysis supports the direct benefits of metformin, demonstrating a fourfold decrease in mortality, independent of its glycemic control effects (Luo et al., 2020). Mortality reduction rates have varied across studies, from 20% to 80%. A meta-analysis by Hariyanto et al. indicated an average mortality decrease of 46%. Conversely, some studies have not found metformin to reduce disease severity or mortality (Izzi-Engbeaya et al., 2020; Kim et al., 2020; Philipose et al., 2020). and in certain cases, it has been linked to an increase in life-threatening complications (Gao et al., 2020). Concerns also exist regarding metformin's use in patients with concurrent T2DM and COVID-19 due to the potential for metabolic acidosis (Scheen 2020), leading to recommendations against its use in patients with acute respiratory distress and renal insufficiency (Samuel et al., 2021).

In summary, metformin may offer multiple therapeutic effects, including antiviral, vasculoprotective, immunosuppressive, and anti-inflammatory actions, beyond its

hypoglycemic benefits. Consequently, its administration is advocated for diabetic patients with COVID-19, provided there is no heightened risk of acidosis (Figure 3).

### Sulfonylureas

Sulfonylureas (SUs) and Glinides, pivotal in the pharmacotherapy of Type 2 Diabetes Mellitus (T2DM), are renowned for stimulating insulin secretion. They achieve this by inhibiting ATP-sensitive K<sup>+</sup> channels in pancreatic beta cells, leading to the activation of voltage-gated Ca<sup>2+</sup> channels (Sola et al., 2015). Beyond their primary hypoglycemic action, these agents also exhibit anti-inflammatory effects. Hypoglycemia indirectly mediates anti-inflammatory responses (Kothari et al., 2016), while their direct anti-inflammatory effects are mediated by targeting the potassium channels abundantly expressed on the surfaces of monocytes and macrophages (Ji et al., 2014; Kothari et al., 2016). This dual mechanism allows SUs to dampen cytokine secretion from activated macrophages (Kewcharoenwong et al., 2013; Pompermayer et al., 2005), and leverage their antioxidant properties to enhance anti-inflammatory responses (Abdallah et al., 2011). Glibenclamide, in particular, has been noted to mitigate pulmonary inflammation by curbing cytokine release from type 2 T-helpers (Cui et al., 2015).

Furthermore, SUs have been implicated in the inhibition of the NLR Family Pyrin Domain Containing 3 (NLRP3) inflammasome, a key pro-inflammatory mediator in numerous inflammatory disorders (Hill et al., 2017; Lamkanfi et al., 2009; Yaribeygi et al., 2019). Glibenclamide's benefits extend to reducing inflammation in melioidosis and bronchopulmonary dysplasia in animal models, attributable to its inhibition of caspase-1 activation, reduction in IL-1 $\beta$  secretion, and suppression of neutrophil and macrophage influx. Studies in asthmatic animal models have demonstrated its efficacy in reducing airway inflammation through the attenuation of IL-5 and IL-13 levels (Zhang et al., 2017).

Despite the promising anti-inflammatory potential of SUs and Glinides, clinical outcomes in COVID-19 cases remain uncertain. Dalan et al.'s multivariate analysis showed no significant improvement in mechanical ventilation needs among SU users (Dalan et al., 2021). Moreover, another study by Kim et al. found no difference in mortality between the patients who used SUs and those who did not (Kim et al., 2020). Similarly, Coronavirus SARS-CoV-2 and Diabetes Outcomes (CORONADO)

reported no difference in the primary or secondary outcomes on days 8 and 28 between the patients receiving combinational therapy with SUs and glinide and those who did not (Cariou et al., 2020; Wargny et al., 2021). Further retrospective studies across the UK, Italy, and Belgium corroborate these findings, showing no substantial impact of SU/Glinide therapy on mortality risk in diabetic COVID-19 patients (Izzi-Engbeaya et al., 2020; Orioli et al., 2021; Silverii et al., 2021). However, isolated studies, such as those indexed in PROSPERO, suggest a potential mortality reduction associated with SUs in this patient demographic (Kan et al., 2021). An observational cohort even indicated a decreased risk of COVID-19-related mortality in diabetics on SU therapy (Khunti et al., 2021).

Considering the overall inconclusive impact of SUs on COVID-19, these drugs remain a viable option for glycemic management in diabetic patients with COVID-19. They can be prescribed as monotherapy or in conjunction with other antidiabetic agents like metformin, ensuring individualized patient care based on clinical judgment and patient-specific factors.

### Thiazolidinediones (TZDs)

Thiazolidinediones (TZDs), specifically rosiglitazone and pioglitazone, are well-established oral hypoglycemic agents in the monotherapy or combined regimen for T2DM (Rosak et al., 2005). These agents function primarily through the modulation of Peroxisome Proliferator-Activated Receptors (PPARs), specifically targeting the PPAR- $\gamma$  isoform. This interaction facilitates their regulatory effects on  $\beta$  cell function, lipid metabolism, and inflammatory processes (Inzucchi SE 2012). Additionally, TZDs are recognized for their role in mitigating urinary protein excretion and delaying diabetic nephropathy progression (P.A. Sarafidis 2010).

Among their notable properties, TZDs exhibit a pronounced impact on chronic inflammation, outperforming metformin and other insulinotropic agents like meglitinides and sulfonylureas in reducing inflammatory markers (Erem C 2014; Nissen SE 2008). Clinical investigations have illuminated the capacity of TZDs to significantly attenuate pro-inflammatory cytokines such as TNF- $\alpha$  and IL-6 (Xie X 2017). Extended treatment with pioglitazone has been demonstrated to downregulate IL-8, IL-6, and IL-1 $\beta$  in monocytes and lymphocytes (Zhang WY 2008). and it has been credited with

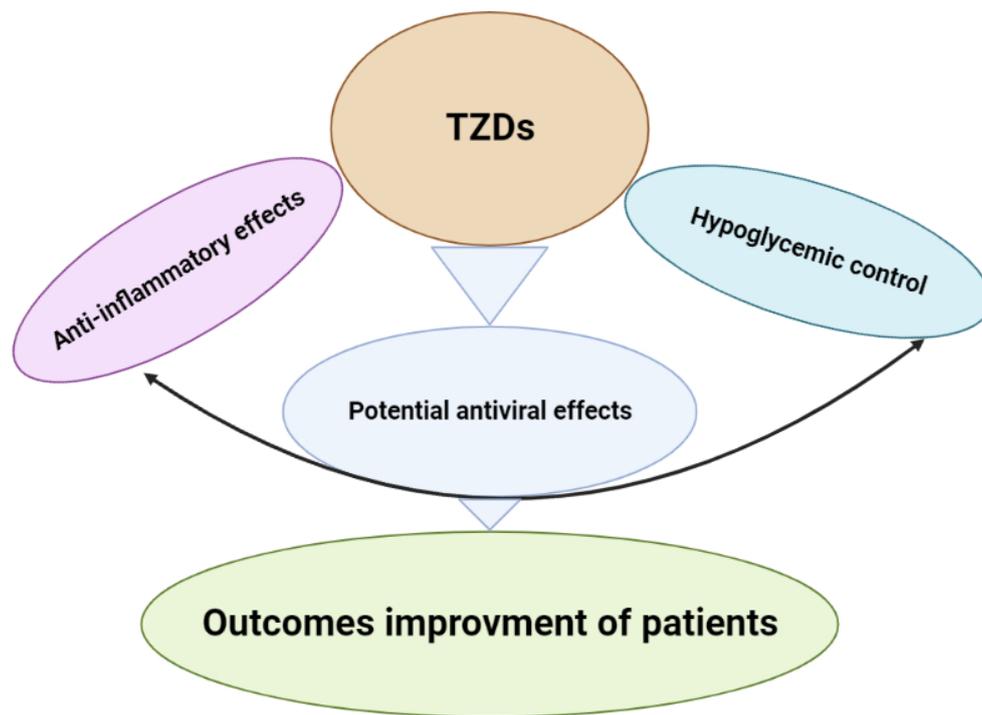
reducing pulmonary fibrosis in rat models (Barbarin V. 2005). The pro-inflammatory cytokines elevated in severe COVID-19, like IL-6 and TNF- $\alpha$ , are among those modulated by TZDs, suggesting a potential therapeutic angle for managing inflammation in COVID-19 patients (Han et al., 2020).

Furthermore, TZDs wield a spectrum of cardioprotective effects, influencing tissue remodeling, cellular proliferation, and cytokine secretion, thereby playing a role in the inflammatory myocardial response (Turner NA 2007). PPAR- $\gamma$  activation has been shown to suppress inflammatory gene expression in endothelial cells (Gao M 2011), and improve vascular function markers (Horio T 2005) highlighting their potential beyond glycemic control. Moreover, these drugs have various effects on myocardial perfusion, intimal proliferation in large vessels, thrombotic events, microalbuminuria, micro- and macro-vasculature, and lipid profile (Pigeon RL 1998). They also reduce systolic and diastolic blood pressures in comparison to other oral hypoglycemic medications or placebo, which can be explained by their improving effect on endothelial function and the Renin-Angiotensin-Aldosterone System (RAAS) (Ajjan RA 2016).

Pulmonary complications of COVID-19, including progressive consolidation and fibrosis, may be attenuated by PPAR $\gamma$  agonists through interference with the Tissue Growth Factor (TGF- $\beta$ ) signaling and myofibroblast differentiation, showcasing their anti-fibrotic potential (Turner NA 2007). Moreover, the antiviral capabilities of PPAR agonists, such as countering severe viral diseases (Darwish 2011), and improving outcomes in influenza models, also underscore their potential utility in COVID-19 treatment (Darwish et al., 2011).

Despite their benefits, caution is warranted due to TZDs' association with complications similar to diabetes sequelae, particularly concerning congestive heart failure and myocardial infarction risks (Davidson et al., 2018). Rosiglitazone, in particular, has come under scrutiny for its potential to increase cardiovascular mortality, whereas pioglitazone does not exhibit these adverse effects when used in monotherapy (Komajda M 2005).

With their pronounced anti-inflammatory effects, glucose-lowering capabilities, and emerging antiviral properties, TZDs, particularly pioglitazone, may offer therapeutic benefits in the management of diabetic patients with COVID-19. However, a patient-specific approach must be adopted, weighing the benefits against the risks,



**FIGURE 4.** Assessing the Effects of Thiazolidinediones on COVID-19 Outcomes in Patients with Diabetes Mellitus.

especially in the context of cardiovascular disease (Figure 4).

#### **Dipeptidyl Peptidase-4 (DPP-4) Inhibitors**

Dipeptidyl Peptidase-4 (DPP-4) inhibitors represent a class of novel antihyperglycemic agents that, when combined with established diabetes medications, enhance therapeutic outcomes. DPP-4's primary role involves the degradation of incretin hormones, which regulate glucose metabolism and insulin secretion. By inhibiting DPP-4, these medications prolong the action of incretins, thereby bolstering postprandial insulin secretion and tackling insulin resistance (Bassendine MF 2020), while also modulating inflammatory processes through M1/M2 macrophage polarization and GLP-1-mediated pathways (Iacobellis 2020). Interestingly, studies have shown that the spike protein of the Middle East Respiratory Syndrome Coronavirus (MERS-CoV), a close relative of SARS-CoV-2, has an affinity for DPP-4 (Lu et al., 2013). Although the molecular studies have not fully confirmed the cellular entry of SARS-CoV-2 mediated by DPP-4, structural models suggest the interaction of the spike protein of SARS-CoV-2 with CD26, which is the membrane-bound DPP-4 (Vankadari N 2020). This molecule is found on the surface of several cell

types, such as lymphocytes, and has an immunoregulatory interaction with adenosine deaminase (Morimoto C 1998). Considering these findings, DPP-4 inhibitors may prevent the cellular entry of SARS-CoV-2, thereby improving the subsequent pulmonary inflammation and cytokine storm (Kawasaki et al., 2018; Shao et al., 2020). However, the functional assay study refused the role of DPP-4 in the internalization of SARS-CoV-2 into host cells (Hoffmann et al., 2020).

It has been shown that immune system hyperactivation is the key to the pathogenesis of critical COVID-19 and its severe complications, including sepsis, cardio-respiratory collapse, Disseminated Intravascular Coagulation (DIC), and multiorgan failure (Lim MA 2020). Such hyperactivation leads to cytokine storm, characterized by elevated levels of cytokines and inflammatory markers, such as interleukins, TNF- $\alpha$ , CRP, D-dimer, ferritin, and procalcitonin (Huang et al., 2020). It is known that DPP-4 is involved in immunoregulation by increasing lymphocyte proliferation, activating T cells, modifying the NF- $\kappa$ B pathway, increasing the CD86 expression (Bassendine MF 2020), and promoting the cleavage of certain growth factors, chemokines, and cytokines (Iacobellis 2020). According to a study on transgenic obese mice expressing human DPP-4, as well as a

genetic association study on humans, the higher severity of MERS-CoV in patients with T2DM may be due to an immune dysregulation mediated by DPP-4 (Li K 2016). Moreover, it is suggested that DPP-4 inhibitors can inhibit the overexpression of inflammatory cytokines and markers, including CRP, TNF- $\alpha$ , IL-6, and IL-1, improving the clinical outcomes of COVID-19 (Liu X 2017). Some human studies have reported the effect of sitagliptin (the first DPP4 inhibitor approved for DM therapy) on decreasing the plasma levels of CRP and IL-6 (Makdissi A 2012). Besides, vildagliptin significantly reduced the levels of IL-6 (Birnbaum et al., 2016), while another study reported the effectiveness of saxagliptin in decreasing the serum levels of IL-6, IL-18, IL-1 $\beta$ , TNF- $\alpha$ , and CRP and attenuating the inflammasome activation (Birnbaum et al., 2016). However, other studies have not shown the effect of DPP-4 inhibitors on inflammatory marker levels (Nomoto H 2017; Sromova et al., 2016; Tsurutani et al., 2017). Furthermore, Baggio et al. did not find a significant change in the plasma levels of soluble DPP-4, CRP, TNF- $\alpha$ , and IL-6 in COVID-19 patients after administering sitagliptin compared to baseline values (Baggio et al., 2020). Considering the above, it is recommended to prescribe these drugs based on the individual needs of the patients (Hariyanto and Kurniawan 2021).

According to the adverse drug reaction database of the World Health Organization (WHO) in 2011, upper respiratory tract infections are more prevalent in patients taking DPP-4 inhibitors compared to those using other drugs for DM (Willemsen MJ 2011). However, available observational studies or randomized controlled trials demonstrate that DPP-4 inhibitors do not increase the risk of contracting respiratory tract infections (Nomoto H 2017). Also, previous studies reported no relationship between the use of DPP-4 inhibitors and the prevalence of community-acquired pneumopathy due to any reason (Pascal KE 2015). Also, a large cohort on the safety of DPP-4 inhibitors reported that these drugs were safe in patients with T2DM before being admitted to the hospital for COVID-19 (Fadini GP 2020).

According to the CORONADO study, no independent correlation between DPP-4 inhibitors and the severe course and prognosis of COVID-19 was reported (Carou et al., 2020), which is consistent with the results of a meta-analysis reporting no effect of DPP-4 inhibitors on severity or mortality of patients with COVID-19 (Hari-

yanto and Kurniawan 2021). Moreover, an observational study in Italy reported that there were no outcome differences between diabetic patients hospitalized for COVID-19 who have already had DPP-4 inhibitors and those without these drugs (Willemsen MJ 2011). On the contrary, a multicenter retrospective observational study by Solerte on patients with COVID-19 who were hospitalized and receiving sitagliptin showed a reduced rate of mortality, an improvement in outcome, and a higher discharge rate compared to those receiving standard care (Solerte SB 2020). Moreover, in a meta-analysis by Rakhmat et al., DPP-4 inhibitors could reduce the mortality of patients with COVID-19, although this effect was weaker in patients using ACE Inhibitors (ACE-I) or metformin. However, since ACEIs, Angiotensin Receptor Blockers (ARBs), and metformin can decrease COVID-19-related mortality, these drugs were usually administered to diabetic patients. Therefore, further analyses are needed to illustrate whether the effect of DPP-4 inhibitors is dependent on metformin, ACEIs, or ARBs (Rakhmat et al., 2021). Other recent studies showed that the DPP-4 inhibitors reduced (Mirani et al., 2020; Solerte SB 2020) or did not (Kim et al., 2020; Yan et al., 2020) change the mortality of diabetic patients with COVID-19 before or during hospital admission.

Bearing the aforementioned points in mind, DPP-4 inhibitors can be prescribed for or be continued in patients with DM and COVID-19 based on their needs with no concern of deleterious effects on the outcome of COVID-19.

### **Sodium-Dependent Glucose Cotransporter-2 (SGLT2) Inhibitors**

Sodium-Glucose co-Transporters (SGLTs) and Glucose Transporters (GLUTs) are two groups of transporters involved in all kinds of glucose transportation, including cellular glucose release and uptake, glucose transport across the blood-brain barrier, renal glucose reabsorption, and enteral glucose absorption (Cure E 2020). Among all types of SGLTs, SGLT-2 contributes to renal glucose reabsorption and is found in the S1 and S2 segments of the renal proximal convoluted tubules (Wright EM 2004). Beyond their antidiabetic effects, SGLT-2 inhibitors exert various beneficial effects, including cardioprotective, anti-inflammatory, and nephroprotective effects in diabetic patients with or without COVID-19.

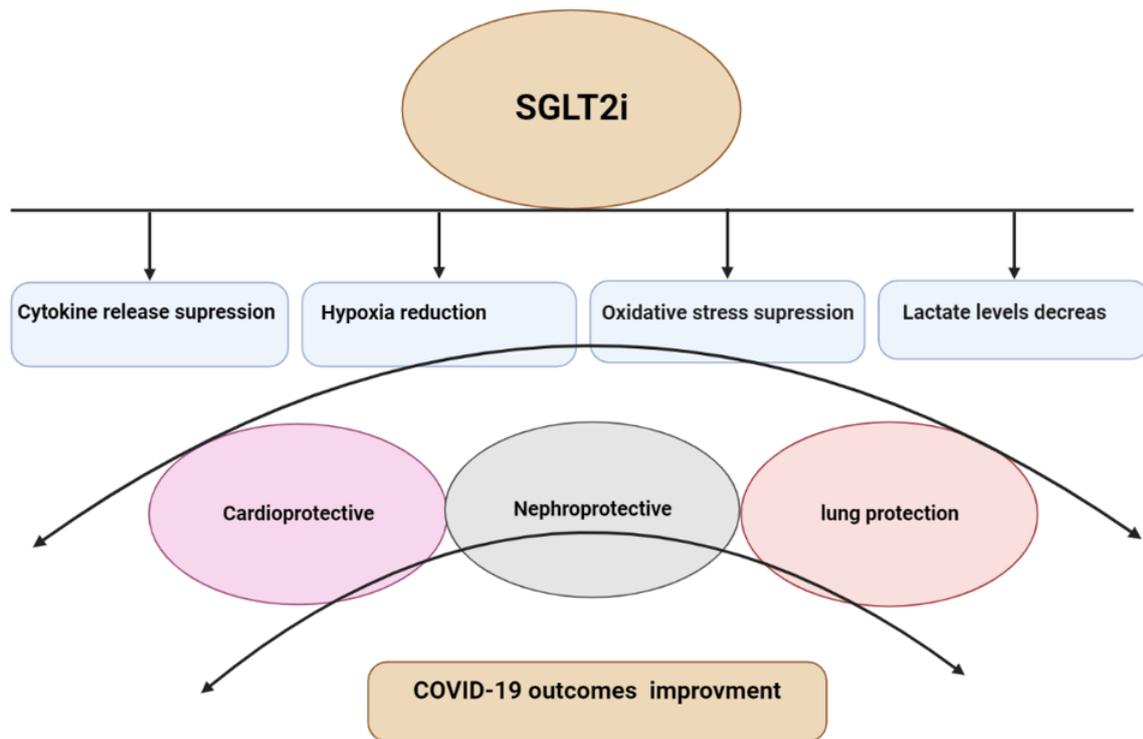
SGLT-2 inhibitors exert cardioprotective effects, probably independent of their hypoglycemic control. These effects are through different mechanisms, including decreasing cardiac inflammation and fibrosis, increasing the ketone body use for cardiac metabolism, inhibiting the myocardial sodium-hydrogen exchanger, and inducing osmotic diuresis and natriuresis (Cowie and Fisher 2020). Studies have reported the significantly decreasing effect of these drugs on new-onset arrhythmias and their improving effects on heart failure with preserved ejection fraction, which is not common in obese and diabetic patients (Chen et al., 2020a). Moreover, the DARE-19 trial (NCT04350593) and another clinical trial (NCT04393246) on patients admitted to the hospital with decompensated heart failure have shown that SGLT-2 inhibitors can exert their nephroprotective and cardioprotective effects under acute conditions, such as in patients with COVID-19, without causing additional risks. Thus, they can be administered during COVID-19 for facilitated recovery, decreased mortality and morbidity, and organ protection. However, this hypothesis requires more investigations on patients hospitalized due to COVID-19.

It has been reported that about 75% of COVID-19 patients have a type of renal involvement (hematuria, proteinuria, or AKI), which can increase mortality significantly (Ronco and Reis 2020). The renal problems in COVID-19 patients can be due to renal tissue inflammation or cardiomyopathy leading to endothelial injury and subsequent cardiorenal syndrome type 1. Moreover, there is a possibility that the virus can directly cause tubulointerstitial damage and tubulopathy (Verma et al., 2019). A study by Menon et al. reported that COVID-19 and diabetes had common underlying mechanisms of renal disorders. According to their results, expression patterns of ACE-2-positive epithelial cells of the proximal tubule in diabetic renal disease overlap with those observed in cells infected with SARS-CoV-2. According to some preclinical studies, SGLT-2 inhibitors can temporarily activate the intra-renal and systemic RAAS for water and sodium loss compensation, especially after the therapy initiation in patients with COVID-19 (Menon et al., 2020). This may increase the angiotensin II levels, causing inflammation. However, these drugs seem to have organ-protective effects in combination with ACE despite causing volume depletion leading to RAAS activation. It is unclear whether such activation

occurs in patients with the recent initiation of SGLT-2 inhibitors or those with long-term use of these drugs (Li et al., 2018). In addition, it has been reported that canagliflozin could decrease the levels of fibronectin, Matrix Metalloproteinases (MMPs), IL-6, and TNF receptor 1 in an experimental model of diabetic renal disease indicating the effect of SGLT-2 inhibitors in reversing the molecular processes leading to kidney fibrosis and inflammation (Heerspink et al., 2019).

On the other hand, SGLT-2 inhibitors can decrease the levels of inflammatory cytokines, especially those with direct roles in cytokine storms induced by COVID-19, regardless of the blood glucose levels of the patients. These drugs have potential anti-inflammatory effects and decrease the volume of the interstitial fluid selectively, which may improve the condition of COVID-19 patients (Sarafidis et al., 2019). Moreover, preclinical studies have shown the lung-protective effect of SGLT-2 inhibitors by reducing tissue inflammation, hypoxia, and oxidative stress (Sarafidis et al., 2019). A study investigated the effect of daily administration of empagliflozin (10 mg for 5-7 days) on 3 non-diabetic patients admitted to the hospital with COVID-19 who had severe bilateral viral pneumonia, showing the ineffectiveness of the intervention. However, the mentioned study did not have a control group, and all 3 patients survived (Bossi et al., 2020).

Previous studies have reported a strong relationship between COVID-19 and long-lasting ketosis and DKA in diabetic patients. SARS-CoV-2 can bind to hemoglobin, it can result in a state of tissue hypoxia that further elevates the production of lactate. Moreover, SARS-CoV-2 may have direct diabetogenic effects, exerted by injuring pancreatic beta cells and subsequently disrupting insulin secretion. These problems, together with increased insulin resistance caused by systemic inflammation, may lead to insulin deficiency and DKA (Batista et al., 2021). On the other hand, SGLT-2 inhibitors are reported to increase the risk of Diabetic Ketoacidosis (DKA) by 2 times compared to other hypoglycemic agents or placebo (Scheen 2019). This effect has especially been observed in the elderly with long-term T2DM and decreased insulin secretion. Hence, several healthcare institutions have declared their concerns regarding the SGLT-2 inhibitor administration in diabetic patients with COVID-19 (Li et al., 2020; Rayman et al., 2020). However, the significance of the effect of SGLT-



**FIGURE 5.** The relationship between SGLT2 Inhibitors and COVID-19.

2 inhibitors on increasing the DKA risk in COVID-19 patients, particularly those with severely decreased insulin levels, is still unknown (Fernandez-Fernandez et al., 2020). Dapagliflozin can prevent cellular injury and death through lactate level decrease and tissue oxygenation improvement. In addition, it exerts cytoprotective effects by  $\text{Na}^+/\text{H}^+$  exchanger inhibition and preventing cellular pH decrease (Cure and Cure 2020). According to a systematic review of COVID-19 patients who had combined hyperglycemic hyperosmolar syndrome and DKA or DKA alone, a minimal number of 7 out of 110 were using SGLT-2 inhibitors (Górriz et al., 2020). On the other hand, some clinicians believe SGLT-2 inhibitors should be discontinued in patients admitted to the hospital with COVID-19 (Bornstein et al., 2020; Ceriello et al., 2020a; Mirabelli et al., 2020; Palermo et al., 2020). Also, it is recommended to stop SGLT-2 inhibitors in all patients at high risk for severe COVID-19, such as those with a history of T2DM, hypertension, atherosclerosis, heart failure, CVDs, or renal disease ( $\text{GFR} < 25 \text{ mL/min/1.73 m}^2$ ). However, no study has ever supported this recommendation. Patients with COVID-19 may have decreased oral intake or dehydration due to fluid loss through breathing, fever, or diarrhea, which

may increase the chance of DKA. Therefore, it is better to personalize this recommendation to patients with COVID-19 who are at increased risk of fluid depletion to minimize the risk of renal problems and DKA (Fernandez-Fernandez et al., 2020).

In general, it seems that SGLT-2 inhibitors exert anti-inflammatory, lactate-decreasing, and organ-protective effects, such as cardio- and nephro-protection. All these effects can be beneficial for diabetic patients with COVID-19. However, it should be noted that these drugs may increase the risk of DKA, especially in diabetic patients with COVID-19 (Figure 5).

#### Central-Acting Dopamine Agonist (Bromocriptine)

Dopamine-related pathways play an important role in the metabolisms of lipids and carbohydrates (Al-lami et al., 2018). Bromocriptine-QR (B-QR), a central-acting dopamine agonist has been approved in the United States for the treatment of T2DM and exerts its effects through sympathetic and dopaminergic tone resetting inside the central nervous system (Kumar et al., 2013). Moreover, it is generally safe, does not bear a risk of hypoglycemia or weight gain, and can potentially decrease the risk of cardiovascular accidents in patients (Gaziano

et al., 2010; Gaziano et al., 2012).

Regardless of the antidiabetic effects of bromocriptine, the studies by Chan et al. (2017) and Kato (2016) reported its antiviral effects on the zika and dengue viruses, respectively (Chan et al., 2017; Kato et al., 2016). Moreover, studies investigating the promising drugs for the treatment of COVID-19, such as tadalafil, ergotamine, and simeprevir, have reported the antiviral effect of bromocriptine on the SARS-CoV-2 through noncovalent interactions with one of its main proteases (Bibi et al., 2021; Rahman et al., 2021). Additionally, it has been shown that bromocriptine can significantly reduce the levels of high-sensitivity C-reactive protein (hsCRP) and TNF- $\alpha$  after a 12-week course of treatment, suppressing the metabolic inflammatory response associated with obesity (Al-lami et al., 2018). The inhibitory effect of bromocriptine and cabergoline on the low-grade systemic inflammatory response has been previously reported in two studies (Krysiak and Okopien 2015; Krysiak et al., 2014). Moreover, evidence has shown that bromocriptine has protective effects against CVDs by modulating the circadian functions of the hypothalamus, leading to decreased sympathetic drive and activity of the hypothalamus-pituitary-adrenal axis. Subsequently, the related cardiometabolic effects that may lead to vasoconstriction, production of nitrogen and oxygen-reactive species, inflammation, arteriosclerosis, and endothelial dysfunction are attenuated (Chamarthi et al., 2015; Lambert et al., 2010). Several studies have shown the inhibiting effect of B-QR on metabolic disturbances and CVDs in patients with T2DM (Chamarthi et al., 2016; Chamarthi et al., 2015; Gaziano et al., 2012). Furthermore, bromocriptine improves the lipid profile in obese patients by causing significant reductions in TG and LDL levels (Al-lami et al., 2018; Kamath et al., 1997), which can be explained by resetting the abnormally elevated hypothalamic noradrenergic tone, leading to lipolysis inhibition and FFA and TG level reduction (Kamath et al., 1997). Considering the above effects, bromocriptine can be particularly useful for diabetic patients with CVDs or non-diabetic patients with CVD risk factors (Krysiak and Okopien 2015).

Besides the mentioned points, the potential therapeutic effects of bromocriptine on COVID-19 can be explained by the effect of this drug on the patients' Body Mass Index (BMI), which can independently increase the risk of critical illness (Petrilli et al., 2020), need for

mechanical ventilation, and mortality in the COVID-19 patients (Cariou et al., 2020). Also, another independent risk factor for critical COVID-19 is the blood glucose level upon admission (Wu et al., 2020a), which can be affected by bromocriptine administration. However, to the best of our knowledge, no study has ever evaluated the effect of bromocriptine in patients with COVID-19. Therefore, we recommend investigating the potential efficacy of this drug in diabetic patients with COVID-19. It is expected that it is most beneficial in diabetic patients with COVID-19 who have already been using that for other indications.

### *Insulin*

Insulin, a critical physiological hormone, plays a key role in modulating serum glucose levels. Various recombinant insulin formulations, differentiated by their action durations, are employed to manage different types of DM (Chisholm-Burns et al., 2019). For instance, long-acting insulin analogs such as insulin glargine are suggested for managing hyperglycemia in diabetic patients with COVID-19, especially for those experiencing respiratory distress. Such analogs avoid the peak action delay characteristic of endogenous and regular insulin preparations (Bornstein et al., 2020; Gupta et al., 2020; Kalbhande and Kuldeep; Kosinski et al., 2020; Longo et al., 2020). However, there is an associated risk of hypoglycemia, a concern particularly acute for patients in the Intensive Care Unit (ICU) (Control and Group 1997; Group 2008). Indeed, insulin-induced hypoglycemia, documented in approximately 10% of Wuhan's diabetic COVID-19 patient population, could potentially compromise immune function (Iqbal et al., 2019; Zhou and Tan 2020), increasing the risk of shock, the need for dialysis, and mechanical ventilation requirements in ICU patients (Finfer et al., 2009; Riahi et al., 2021; Yu et al., 2021). The efficacy and safety of insulin therapy in diabetic patients with COVID-19 remain subjects of debate.

A retrospective analysis suggested that insulin therapy correlates with higher mortality, even after adjusting for confounding factors influencing disease severity. Moreover, insulin therapy enhanced inflammation and multiorgan damage in diabetic patients with COVID-19 (Yu et al., 2021). Some mechanisms proposed for the poorer prognosis in COVID-19 associated with insulin therapy include an elevated risk of hypoglycemia

(Yu et al., 2021), heightened levels of pro-inflammatory cytokines such as IL-6 and IL-1 $\beta$ -dependent CRP (Donath 2021). Moreover, in diabetic rats with sepsis insulin increased inflammation in lungs (Filgueiras et al., 2014), and exacerbated pulmonary inflammation—particularly concerning as the lungs are a primary target for SARS-CoV-2 (Yang et al., 2021). Insulin may amplify pro-IL-1 $\beta$  maturation in activated macrophages via the NLRP3 inflammasome (Dror et al., 2017), which is implicated in the COVID-19 inflammatory response (Siu et al., 2019). Moreover, as an anabolic hormone, insulin leads to weight gain, increased appetite, and suppressed lipolysis in the muscle and adipose tissue, contributing to the development of obesity (Jacob et al., 1999; Kolb et al., 2020). Additionally, insulin's anabolic effects may contribute to obesity—a condition marked by chronic inflammation and an increased risk of severe COVID-19—thus potentially exacerbating the disease's severity. Therefore, the immune disturbances caused by insulin therapy and obesity may explain the association observed between insulin therapy and adverse outcomes in COVID-19 (Wu et al., 2020b).

On the other hand, it is suggested that insulin's anti-inflammatory properties, distinct from its glucose-lowering capabilities, may confer benefits in the context of the excessive inflammation seen in COVID-19 (Avogaro et al., 2021). Insulin has been shown to modulate ACE2-R/SARS-CoV-2 binding by altering ACE2-R glycosylation, enhancing immune function, and mitigating cytokine storms by dampening inflammatory mediator synthesis (Kalbhande and Kuldeep). Although direct interactions with ACE2 have not been conclusively demonstrated, insulin has been observed to reduce ADAM-17 expression, a sheddase that regulates ACE2 activity, in diabetic Akita mice (Salem et al., 2014); however, this effect has yet to be confirmed in pulmonary tissues (Pal and Bhadada 2020). Insulin's anti-inflammatory effects are extensive, including the inhibition of ROS production, NF- $\kappa$ B activity, and the expression of various inflammatory markers such as MCP-1 and ICAM-1 (Aljada et al., 2002; Dandona et al., 2003). It also downregulates inflammatory mediators like MIP-1 $\beta$  and CCL5 (Ghanim et al., 2010). In this regard, some studies have linked insulin therapy in diabetic patients with COVID-19 to a reduced risk of severe disease, less frequent hospital admissions, and lower mortality rates (Chaudhuri and Umpierrez 2012; Dandona and Ghanim 2021; Marfella

et al., 2009; Sardu et al., 2020). Notably, insulin may mitigate COVID-19-associated hypercoagulability by modulating PAI-1 levels, enhancing thrombolysis, and inhibiting platelet aggregation (Kahn et al., 1993; Yudkin 1999). Diabetic COVID-19 patients on insulin therapy have also demonstrated improved glycemic control and reduced D-dimer levels (Sardu et al., 2020).

Despite these insights, insulin remains indispensable for managing diabetes and preventing its complications. Abrupt cessation of insulin therapy in diabetic patients with COVID-19 is not advisable without a viable alternative for glucose management. Furthermore, patients with severe COVID-19 may require higher insulin doses and longer periods to achieve normoglycemia due to the inflammatory state (Wu et al., 2020b). Thus, insulin therapy is essential for COVID-19 patients with advanced COVID-19. Additionally, the potential for insulin to exacerbate hypokalemia, an issue in COVID-19 patients possibly due to elevated aldosterone levels induced by high serum angiotensin II, must be monitored closely (Bornstein et al., 2020).

#### *Non-insulin injectable agents*

##### **Glucagon-Like Peptide 1 (GLP-1) Agonists**

As an incretin secreted from the intestine, GLP-1 is involved in serum glucose level regulation by stimulating the secretion of insulin and suppressing the secretion of glucagon (Lee 2022). GLP-1, an incretin hormone secreted by the intestine, plays a crucial role in the regulation of blood glucose levels by stimulating insulin secretion and inhibiting glucagon release (Belančić et al., 2021). These agents effectively mitigate hyperglycemia and glucose variability without significantly increasing hypoglycemia risk (Lee 2022).

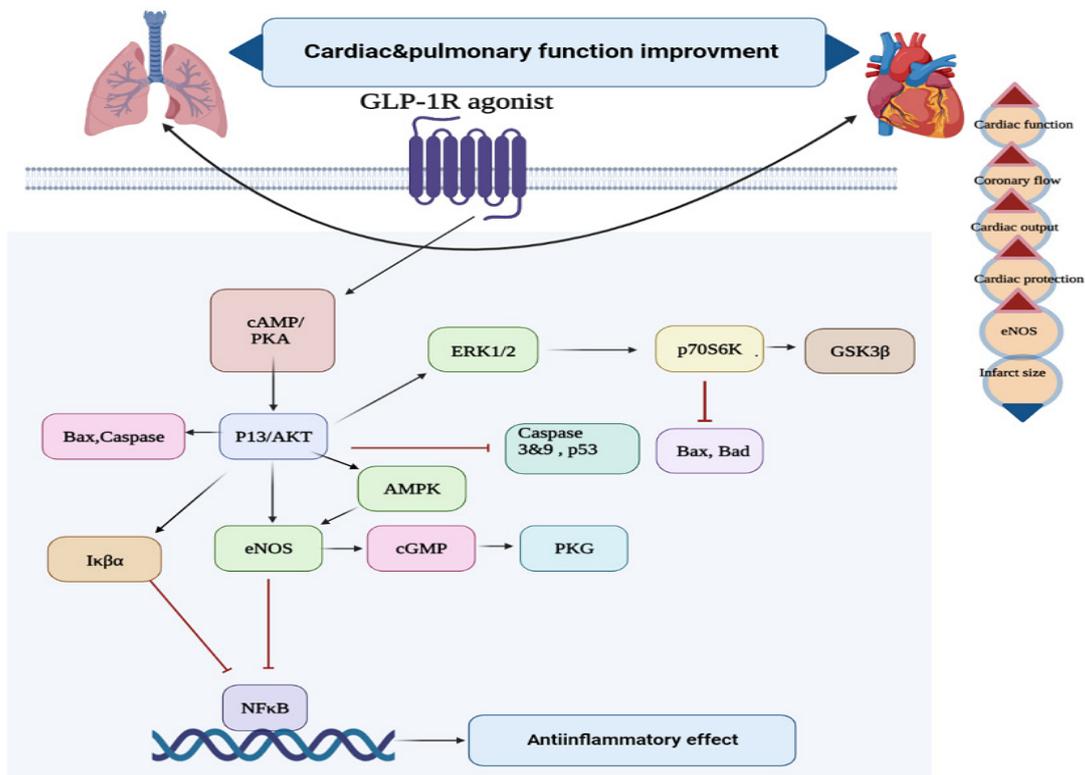
COVID-19 disrupts immune responses, causing excessive inflammation marked by elevated levels of cytokines like Interferon gamma-induced Protein 10 (IP-10), MCP-1, TNF- $\alpha$ , IL-6, and IL-1 $\beta$ . This heightened inflammatory response accelerates disease progression (Liu et al., 2020; Zhang et al., 2020). Moreover, SARS-CoV Unique Domain (SUD) directly activates the NLRP3 inflammasome in alveolar epithelial cells, modulating the C-X-C motif chemokine Ligand 10 (CXCL10)-mediated pulmonary inflammation (Chang et al., 2020). On the other hand, the binding of GLP-1R to the GLP-1 or GLP-1RA inactivates the protein kinase C or NF- $\kappa$ B, leading to the underexpression of MCP-1,

Interferon  $\gamma$  (IFN- $\gamma$ ), Vascular Cell Adhesion Molecule 1 (VCAM-1), IL-6, TNF- $\alpha$ , IL-1 $\beta$ , and NLRP3, as well as monocyte adhesion inhibition through activating the phosphorylated AMPK, Ca<sup>2+</sup>/Calmodulin-dependent protein Kinase Kinases  $\beta$  (CaMKK $\beta$ ), and cAMP/Ca<sup>2+</sup> (Lee and Jun 2016). GLP-1RAs have demonstrated significant anti-inflammatory effects, including modulation of eNOS/sGC/PKG signaling pathways and suppression of pro-inflammatory cytokines (Jin and Liu 2020). In animal studies, GLP-1RAs like liraglutide have shown efficacy in reducing oxidative stress, inflammatory mediators, and mortality, and in preventing thrombocytopenia and microvascular thrombosis in the pulmonary vasculature (Shah et al., 2019). Moreover, studies have reported the effect of GLP-1RAs on reducing CRP levels (Mazidi et al., 2017) and in vitro anti-inflammatory and antioxidant properties of liraglutide (Mei et al., 2019; Shiraki et al., 2012), especially in patients with T2DM (Zhang et al., 2018) or those with myocardial infarction without ST-segment elevation (Chen et al., 2016).

Furthermore, there are reports that GLP-1RAs improve pulmonary function in diabetic patients by directly affecting the pulmonary tissue, which is not related to the serum glucose levels of these patients (Rogliani et al., 2019). Moreover, they alleviate lung inflammation, decrease the production of cytokines, and preserve pulmonary function in rat and mouse models affected with experimental pulmonary damage (Toki et al., 2018; Viby et al., 2013; Zhou et al., 2016). Animal studies have shown that liraglutide can prevent acute lung injury and extravasation of neutrophils induced by lipopolysaccharides by strengthening the tight junctions, preventing the adhesion of neutrophils, and inhibiting their migration (Xu et al., 2019). Rogliani et al., reported that GLP-1RA administration can improve the spirometry parameters in diabetic patients with no obstructive pulmonary problems, regardless of the glucose levels of the patients (Rogliani et al., 2019). Moreover, these drugs reduce the mortality and complications within one month from the COVID-19 diagnosis (Rogliani et al., 2019) and are not accompanied by an increased risk of pneumonia, respiratory tract infections, or ARDS in patients with cardiovascular diseases, diabetes, or other comorbidities, especially during the COVID-19 pandemic (Patoulas et al., 2021). Also, the patients taking both SGLT2 inhibitors and GLP-1RAs had a lower chance of mortality and hospital admission due to COVID-19 compared to those

only taking DPP-4 inhibitors (Kahkoska et al., 2021). A study investigating lung fibrosis in mice reported that GLP-1RAs decreased the hydroxyproline and collagen expression, inhibited the enzymes related to idiopathic pulmonary fibrosis, increased surfactant production, and suppressed inflammation (Fandiño et al., 2020). In addition, it is suggested that GLP-1RAs can alleviate the IPF by inhibiting the NF- $\kappa$ B pathway (Si et al., 2014). This mechanism is probably mediated by reduced levels of TGF- $\beta$  (Li et al., 2012; Oda et al., 2016). Therefore, GLP-1 is involved in both chronic and acute lung injury. Moreover, several clinical studies reported that SARS-CoV-2 can decrease the level of surfactants (Sazgarnejad et al., 2021), while GLP-1RAs not only can inhibit the cellular entry of SARS-Cov-2 through binding to ACE2-R (Catrinou et al., 2020; Lee and Jun 2016) but, the subsequent ACE2 overexpression could increase the production of Surfactant Proteins A and B (SP-B, SP-A) in the pulmonary tissue (Romani-Pérez et al., 2015), decreasing the breathing work (McCormack and Whitsett 2002).

As previously mentioned, patients with CVDs and diabetes are at a higher risk of severe COVID-19 and related mortality. GLP-1R is present in the heart tissue (Wei and Mojsov 1995), through which the GLP-1 exerts its cardiovascular effects (Mudaliar and Henry 2010), including blood pressure decrease through stimulating the Atrial Natriuretic Peptide (ANP) secretion (Kim et al., 2013) and endothelial function improvement in the patients with diabetes (Ceriello et al., 2011). Moreover, it can stimulate endogenous antioxidant production, protecting the cardiac cells against apoptosis (Saraiva and Sposito 2014). Therefore, regardless of their glucose-lowering effects, SGLT2 inhibitors and GLP1-RAs are recommended by the American Diabetes Association as a suitable second-line treatment for diabetic patients who are at high risk for cardiovascular diseases or have confirmed atherosclerotic cardiovascular disease (Association 2020). It has been shown that COVID-19 patients with cardiovascular disease have a worse prognosis compared to other patients, and GLP1-RAs have beneficial and cardioprotective effects (Ceriello et al., 2020b). Therefore, they are expected to be useful for these patients. Nevertheless, it has been shown that GLP-1 levels have a positive relationship with the atherosclerosis of the coronary arteries, an important comorbidity in patients with COVID-19 (Grze-



**FIGURE 6.** GLP-1 Agonists in COVID-19: Cardiovascular, Renal, and Pulmonary Protective Effects and Their Impact on Patient Outcomes.

gorowska and Lorkowski 2020; Piotrowski et al., 2013), which needs to be further investigated.

GLP-1 is involved in the olfactory and taste signaling pathways as a neurotransmitter coordinating between the Central Nervous System (CNS) and peripheral organs (Martin et al., 2009). It is expressed in type I and II taste cells, while its receptor is expressed in nerve fibers involved in taste in rodents and mice (Takai et al., 2015). According to studies, mice without GLP-1R have a remarkably decreased ability to taste sweet things (Müller et al., 2019). Moreover, the mRNAs of GLP-1R and the GLP-1 precursor, pre-proglucagon, are expressed in the olfactory bulb cells. Therefore, GLP-1 is probably involved in signal transmission from the olfactory epithelium to the CNS (Merchenthaler et al., 1999). On the other hand, several patients with COVID-19 may develop anosmia and dysgeusia, which are not associated with nasal congestion. The mechanisms of these symptoms are not illustrated yet; however, it has been suggested that low levels of serum GLP-1 may increase the risk of these symptoms in patients with COVID-19 (Ben-Chetrit et al., 2021).

In summary, GLP-1RAs offer a range of beneficial

cardiovascular, pulmonary, and anti-inflammatory effects for patients with diabetes and COVID-19. While some studies have debated the superiority of GLP-1RAs over SGLT2 inhibitors due to concerns about ACE-2 overexpression, the overall evidence supports their use in managing these patients (Israelsen et al., 2021; Romaní-Pérez et al., 2015; Sandooja et al., 2020) (Figure 6).

### Conclusion

Diabetes mellitus (DM) exacerbates both the mortality and morbidity associated with COVID-19. Beyond glycemic control, antidiabetic drugs may confer additional benefits through their anti-inflammatory, antiviral, and organ-protective properties, potentially improving COVID-19 outcomes. The selection of an appropriate antidiabetic regimen should be personalized, considering the unique conditions of each patient.

Metformin, barring contraindications such as the risk of acidosis, may be advantageous in diabetic COVID-19 patients due to its diverse beneficial effects, including antiviral and vasculoprotective actions. Sulfonylureas remain a viable option for managing hyperglycemia,

alone or in combination with other drugs like metformin. Thiazolidinediones (TZDs) show promise with their anti-inflammatory and potential antiviral activities, but caution is advised due to cardiovascular risks associated with drugs like rosiglitazone.

DPP-4 inhibitors, while useful for glycemic management, require careful consideration in the COVID-19 context due to a lack of conclusive evidence on their benefits. SGLT-2 inhibitors are recommended for their anti-inflammatory and organ-protective effects, except in patients with a heightened risk of diabetic ketoacidosis (DKA).

The role of bromocriptine in COVID-19 management is yet to be determined, but its known anti-inflammatory and glycemic properties warrant further research. Similarly, the effect of

Insulin therapy, despite debates over its anti-inflammatory effects, remains indispensable for critical glycemic management and the prevention of diabetes-related complications. It is uniquely suited for intravenous use in severe cases, such as DKA precipitated by COVID-19, underscoring its essential role in advanced disease management.

Finally, GLP1-Ras have demonstrated anti-inflammatory, cardioprotective, and nephroprotective benefits and may enhance pulmonary function, making them suitable for diabetic patients with a high risk of cardiovascular complications or established atherosclerotic cardiovascular disease. However, their comparative effectiveness with SGLT-2 inhibitors is uncertain, particularly in light of concerns about ACE-2 overexpression.

In conclusion, while the therapeutic landscape for managing diabetes in the context of COVID-19 continues to evolve, a nuanced understanding of the pharmacological profiles of antidiabetic agents and their intersection with the pathophysiology of COVID-19 is crucial for optimizing patient outcomes.

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