

Table 1: Therapies that may lower natriuretic peptide concentrations.

Therapy	Effect on BNP/NT-proBNP
Diuresis (loop or thiazide)	↓
ACE-I	↓
ARB	↓
β-blockers	Rare transient ↑ within 2 weeks, then ↓; most ↓ without rise
Aldosterone antagonists	↓
Cardiac resynchronization therapy	↓
Exercise therapy	↓
Rate control of atrial fibrillation	↓
BNP infusions	↓ N-BNP, ↑BNP then ↓