

Title: Treating Acid Reflux with Proton Pump Inhibitors

Author: Zibing Jiang

Date: September 9, 2008

Key words: PPI, acid reflux, GERD

Abstract: An increasing number of Americans are experiencing symptoms of acid reflux disease. This brochure provides information on the signs and symptoms of GERD and how proton pump inhibitors can be used to treat this disorder.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

What are side effects of PPIs?

- Headache
- Nausea
- Diarrhea
- Abdominal pain
- Fatigue
- Dizziness
- Rash
- Vitamin B12 deficiency
- Decreased calcium absorption
- Increased Risk of fractures

If you think you may be suffering from Gastroesophageal Reflux Disorder, please seek the advice of your primary care doctor. He or she will be able to help you decide on the best therapy to treat your symptoms.

Where to go for more information:

Medline Plus:

<http://www.nlm.nih.gov/medlineplus/gerd.html>

Mayo Clinic:

<http://www.mayoclinic.com/health/gerd/DS00967>

University of Minnesota

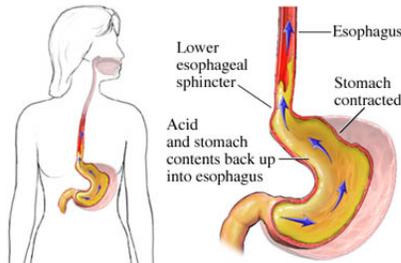
**Zibing Jiang
Primary Care Clerkship
September 2008-09-09**

GERD and Proton Pump Inhibitors



A Patient's Guide

What is GERD?



GERD stands for GastroEsophageal Reflux Disease. This is a disorder where the contents of the stomach – including the acid produced by the stomach, moves back up into the esophagus (the tube connection the back of the throat with the stomach).

This disease is also sometimes referred to as acid reflux or heart burn. Everyone normally has a small degree of acid reflux, GERD refers to the condition where there is an increased frequency of reflux or where complications arise from the reflux.

Who gets GERD?

Anyone can get GERD from the very elderly to infants. It is not passed from generation to generation, or related to income or dietary habits. It is estimated that up to 60% of adults have suffered from acid reflux.

What causes GERD?

GERD is thought to be caused by a dysfunctional lower esophageal sphincter. This sphincter is located between the junction between the stomach and the esophagus and acts as a valve to keep stomach contents from refluxing into the esophagus. In GERD, this valve does not stop the reflux because it is looser than normal, open at the wrong times, or sits higher than normal in the chest (this is called a hiatal hernia). Many things can make GERD worse, these include: obesity, pregnancy, smoking, many foods, some drugs and slow stomach emptying.

What are the symptoms?

- Heart burn usually after meals, or after laying down.
- Sour taste in mouth
- Dry cough
- Pain in the middle of the chest
- Lump in the throat
- Hoarseness
- Erosion of tooth enamel
- Bad Breath

What are PPIs?

PPIs stands for proton pump inhibitors. These are a class of powerful drugs that are used to treat GERD. PPIs block the proton pumps in the lining of the stomach to stop them from producing stomach acid. Thus, these drugs work by decreasing the amount of acid produced by the stomach. They do not stop reflux of stomach contents into the esophagus. However, since it is the acid in the stomach contents that cause irritation of the esophagus, patients should have resolution of symptoms when they are on PPIs.

How do I take PPIs?

- Talk to your doctor first about your symptoms to make sure that you are suffering from GERD and not a more serious illness.
- You doctor will help you decide what dose of the medication you should be on.
- PPIs are available over the counter.
- You will take your PPI 30 minutes before meals so that it can be the most effective in decreasing stomach acid production

