



Proton Pump Inhibitors

(Heartburn Medications)

Proton Pump Inhibitors are a group of drugs whose main action is a pronounced and long-lasting reduction of gastric acid production. PPIs block the secretion of hydrogen ions and potassium adenosine triphosphatase into the stomach. This ultimately decreases stomach acid which aids in healing ulcers and reduces pain from indigestion and heartburn. They are the most potent of acid secretion reducers. Common PPIs include, but are not limited to Nexium, Prilosec, and Prevacid.

What You Should Know

A 2006 study revealed the increase of bone fractures in the elderly because of long-term PPI use. Finally, in 2010, the FDA issued a warning. A study done in June 2015 reported the link between long-term use of PPIs and a 21% increase in risk of heart attack. Another study completed in February 2016 showed the long-term use of PPI medications increased the risk of chronic kidney disease by 20-50%. There are also studies which show an increased risk of cardiac birth defects when used during pregnancy and that long-term use of PPIs result in Hypomagnesemia, inadequate magnesium.

The **side-effects** of PPIs can include:



- Acute Intestinal Nephritis
- Acute Kidney Injury
- Chronic Kidney Disease
- Kidney failure
- Cardiac disorders
- Bone fractures
- Low magnesium
- And more



4703 E. Camp Lowell Dr., Ste. 253 Tucson, AZ 85712
(520)622-3344
www.showardlaw.com

