



Volume 2 | Issue 3

Article 9

2016

Potential adverse effects of long term use of Proton Pump Inhibitors.

Shreyans M. Doshi, MD; Kazumi A. Khamar, MS; Inder Sehgal, DVM, PhD; and Nihar Shah, MD FACP

Follow this and additional works at: <https://mds.marshall.edu/mjm>

 Part of the [Medicine and Health Sciences Commons](#)



This work is licensed under a [Creative Commons Attribution 4.0 License](#).

Recommended Citation

Doshi, MD, Shreyans M.; Khamar, MS, Kazumi A.; Sehgal, DVM, PhD, Inder; and Shah, MD FACP, Nihar (2016) "Potential adverse effects of long term use of Proton Pump Inhibitors.," *Marshall Journal of Medicine*: Vol. 2: Iss. 3, Article 9.

DOI: <http://dx.doi.org/10.18590/mjm.2016.vol2.iss3.9>

Available at: <https://mds.marshall.edu/mjm/vol2/iss3/9>

DOI: <http://dx.doi.org/10.18590/mjm.2016.vol2.iss3.9>

Open Access | 

References with DOI

1. McQuaid KR. Drugs used in the treatment of gastrointestinal diseases. In: Katzung BG, Masters SB, Trevor AJ, eds. Basic and Clinical Pharmacology. McGraw Hill, 2009: 1067-1101.
2. Katz PO, Gerson LB, Vela MF. Corrigendum: guidelines for the diagnosis and management of gastroesophageal reflux disease. *The American journal of gastroenterology*. 2013 Oct 1;108(10):1672-. <https://doi.org/10.1038/ajg.2013.314>
3. MacLaren R, Campbell J. Cost-effectiveness of histamine receptor-2 antagonist versus proton pump inhibitor for stress ulcer prophylaxis in critically ill patients*. *Critical care medicine*. 2014 Apr 1;42(4):809-15. <https://doi.org/10.1097/ccm.000000000000032>
4. Gøtzsche PC. Our prescription drugs kill us in large numbers. *PolskieArchiwumMedycynyWewnetrznej*. 2013 Dec;124(11):628-34.
5. Eid SM, Boueiz A, Paranj S, Mativo C, BA RL, Abougergi MS. Patterns and predictors of proton pump inhibitor overuse among academic and non-academic hospitalists. *Internal medicine*. 2010;49(23):2561-8. <https://doi.org/10.2169/internalmedicine.49.4064>
6. Metz D. Proton pump inhibitor therapy: safety issues. *Advances in digestive disease*. AGA Institute Press, Bethesda, MD. 2007:3-14.
7. Klotz U. Impact of CYP2C19 polymorphisms on the clinical action of proton pump inhibitors (PPIs). *European journal of clinical pharmacology*. 2009 Jan 1;65(1):1-2. <https://doi.org/10.1007/s00228-008-0571-x>
- 8 Metz D. Proton pump inhibitor therapy: safety issues. *Advances in digestive disease*. AGA Institute Press, Bethesda, MD. 2007:3-14.
9. Metz DC, Inadomi JM, Howden CW, Van Zanten SJ, Bytzer P. On-demand therapy for gastroesophageal reflux disease. *The American journal of gastroenterology*. 2007 Mar 1;102(3):642-53. <https://doi.org/10.1111/j.1572-0241.2006.00998.x>
10. Rotman SR, Bishop TF. Proton pump inhibitor use in the US ambulatory setting, 2002–2009. *PloS one*. 2013 Feb 13;8(2):e56060. <https://doi.org/10.1371/journal.pone.0056060>
11. Lai PS, Wong YY, Low YC, Lau HL, Chin KF, Mahadeva S. Unexplained abdominal pain as a driver for inappropriate therapeutics: an audit on the use of intravenous proton pump inhibitors. *PeerJ*. 2014 Jun 26;2:e451. <https://doi.org/10.7717/peerj.451>
12. Moran N, Jones E, O'Toole A, Murray F. The appropriateness of a proton pump inhibitor prescription. *Irish medical journal*. 2014.
13. Heidelbaugh JJ, Inadomi JM. Magnitude and economic impact of inappropriate use of stress ulcer prophylaxis in non-ICU hospitalized patients. *The American journal of gastroenterology*. 2006 Oct 1;101(10):2200-5. <https://doi.org/10.1111/j.1572-0241.2006.00839.x>
14. Chia CT, Lim WP, Vu CK. Inappropriate use of proton pump inhibitors in a local setting. *Singapore medical journal*. 2014 Jul;55(7):363. <https://doi.org/10.11622/smedj.2014087>
15. Rotman SR, Bishop TF. Proton pump inhibitor use in the US ambulatory setting, 2002–2009. *PloS one*. 2013 Feb 13;8(2):e56060. <https://doi.org/10.1371/journal.pone.0056060>

-
16. Parkman HP, Urbain JC, Knight LC, Brown KL, Trate DM, Miller MA, Maurer AH, Fisher RS. Effect of gastric acid suppressants on human gastric motility. *Gut*. 1998 Feb 1;42(2):243-50. <https://doi.org/10.1136/gut.42.2.243>
17. Zedtwitz-Liebenstein K, Wenisch C, Patruta S, Parschalk B, Daxböck F, Graninger W. Omeprazole treatment diminishes intra-and extracellular neutrophil reactive oxygen production and bactericidal activity*. *Critical care medicine*. 2002 May 1;30(5):1118-22. <https://doi.org/10.1097/00003246-200205000-00026>
18. Ruigómez A, Johansson S, Wernersson B, FernándezCantero O, García Rodríguez LA. Gastroesophageal reflux disease in primary care: Using changes in proton pump inhibitor therapy as an indicator of partial response. *Scandinavian journal of gastroenterology*. 2012 Jul 1;47(7):751-61.
19. Inadomi JM, McIntyre L, Bernard L, Fendrick AM. Step-down from multiple-to single-dose proton pump inhibitors (PPIs): a prospective study of patients with heartburn or acid regurgitation completely relieved with PPIs. *The American journal of gastroenterology*. 2003 Sep 1;98(9):1940-4. <https://doi.org/10.1111/j.1572-0241.2003.07665.x>
20. Sheikh I, Waghay A, Waghay N, Dong C, Wolfe MM. Consumer use of over-the-counter proton pump inhibitors in patients with gastroesophageal reflux disease. *The American journal of gastroenterology*. 2014 Jun 1;109(6):789-94. <https://doi.org/10.1038/ajg.2013.421>
21. Thomson AB, Sauve MD, Kassam N, Kamitakahara H. Safety of the long-term use of proton pump inhibitors. *World J Gastroenterol*. 2010 May 21;16(19):2323-30. <https://doi.org/10.3748/wjg.v16.i19.2323>
22. Brunner G, Athmann C, Schneider A. Long-term, open-label trial: safety and efficacy of continuous maintenance treatment with pantoprazole for up to 15 years in severe acid-peptic disease. *Alimentary pharmacology & therapeutics*. 2012 Jul 1;36(1):37-47. <https://doi.org/10.1111/j.1365-2036.2012.05106.x>
23. Labenz J, Petersen KU, Rösch W, Koelz HR. A summary of Food and Drug Administration-reported adverse events and drug interactions occurring during therapy with omeprazole, lansoprazole and pantoprazole. *Alimentary pharmacology & therapeutics*. 2003 Apr 1;17(8):1015-9. <https://doi.org/10.1046/j.1365-2036.2003.01550.x>
24. McDonald EG, Lee TC, Loo VG, Bourgault AM, Poirier L. Clostridium difficile Infection. *The New England journal of medicine*. 2015 Jul 16;373(3):286-8.
25. Bourne C, Charpiat B, Charhon N, Bertin C, Gouraud A, Mouchoux C, Skalli S, Janoly-Dumenil A. [Emergent adverse effects of proton pump inhibitors]. *Presse medicale (Paris, France)*. 2013 Feb;42(2):e53-62.
26. Jo Y, Park E, Ahn SB, Jo YK, Son B, Kim SH, Park YS, Kim HJ. A proton pump inhibitor's effect on bone metabolism mediated by osteoclast action in old age: a prospective randomized study. *Gut and liver*. 2015 Sep;9(5):607. <https://doi.org/10.5009/gnl14135>
27. Cardoso RN, Benjo AM, DiNicolantonio JJ, Garcia DC, Macedo FY, El-Hayek G, Nadkarni GN, Gili S, Iannaccone M, Konstantinidis I, Reilly JP. Incidence of cardiovascular events and gastrointestinal bleeding in patients receiving clopidogrel with and without proton pump inhibitors: an updated metaanalysis. *Open heart*. 2015 Jun 1;2(1):e000248. <https://doi.org/10.1136/openhrt-2015-000248>
28. Lazarus B, Chen Y, Wilson FP, Sang Y, Chang AR, Coresh J, Grams ME. Proton Pump Inhibitor Use and the Risk of Chronic Kidney Disease. *JAMA internal medicine*. 2016 Jan;238-46. <https://doi.org/10.1001/jamainternmed.2015.7193>

-
29. Gomm W, von Holt K, Thomé F, Broich K, Maier W, Fink A, Doblhammer G, Haenisch B. Association of Proton Pump Inhibitors With Risk of Dementia: A Pharmacoepidemiological Claims Data Analysis. *JAMA neurology*. 2016 Feb 15. <http://dx.doi.org/10.1001/jamaneurol.2015.4791>
30. Shah NH, LePendu P, Bauer-Mehren A, Ghebremariam YT, Iyer SV, Marcus J, Nead KT, Cooke JP, Leeper NJ. Proton pump inhibitor usage and the risk of myocardial infarction in the general population. *PLoS One*. 2015 Jun 10;10(6):e0124653. <http://dx.doi.org/10.1371/journal.pone.0124653>
31. Howell MD, Novack V, Grgurich P, Soulliard D, Novack L, Pencina M, Talmor D. Iatrogenic gastric acid suppression and the risk of nosocomial *Clostridium difficile* infection. *Archives of internal medicine*. 2010 May 10;170(9):784-90. <http://dx.doi.org/10.1001/archinternmed.2010.89>
32. Berrington A, Borriello SP, Brazier J, Duckworth G, Foster K, Freeman R. National *Clostridium difficile* standards group: report to the Department of Health. *J Hosp Infect*. 2004 Feb 1;56(Suppl 1):1- 38. <http://dx.doi.org/10.1016/j.jhin.2003.10.016>
33. Beaugerie L, Flahault A, Barbut F, Atlan P, Lalande V, Cousin P, Cadilhac M, Petit JC. Antibiotic-associated diarrhoea and *Clostridium difficile* in the community. *Alimentary pharmacology & therapeutics*. 2003 Apr 1;17(7):905-12. <http://dx.doi.org/10.1046/j.1365-2036.2003.01531.x>
34. Thorens J, Froehlich F, Schwizer W, Saraga E, Bille J, Gyr K, Duroux P, Nicolet M, Pignatelli B, Blum AL, Gonvers JJ. Bacterial overgrowth during treatment with omeprazole compared with cimetidine: a prospective randomised double blind study. *Gut*. 1996 Jul 1;39(1):54-9. <http://dx.doi.org/10.1136/gut.39.1.54>
35. Estborn L, Joelson S. Occurrence of community-acquired respiratory tract infection in patients receiving esomeprazole. *Drug safety*. 2008 Jul 1;31(7):627-36. <http://dx.doi.org/10.2165/00002018-200831070-00008>
36. Dial MS. Proton pump inhibitor use and enteric infections. *The American journal of gastroenterology*. 2009 Mar 1;104:S10-6. <http://dx.doi.org/10.1038/ajg.2009.46>
37. DePestel DD, Aronoff DM. Epidemiology of *Clostridium difficile* infection. *Journal of pharmacy practice*. 2013 Oct 1;26(5):464-75. <http://dx.doi.org/10.1177/0897190013499521>
38. Zedtwitz-Liebenstein K, Wenisch C, Patruta S, Parschalk B, Daxböck F, Graninger W. Omeprazole treatment diminishes intra-and extracellular neutrophil reactive oxygen production and bactericidal activity*. *Critical care medicine*. 2002 May 1;30(5):1118-22. <http://dx.doi.org/10.1097/00003246-200205000-00026>
39. Dial S, Alrasadi K, Manoukian C, Huang A, Menzies D. Risk of *Clostridium difficile* diarrhea among hospital inpatients prescribed proton pump inhibitors: cohort and case-control studies. *Canadian Medical Association Journal*. 2004 Jul 6;171(1):33-8. <http://dx.doi.org/10.1503/cmaj.1040876>
40. Al-Tureihi FI, Hassoun A, Wolf-Klein G, Isenberg H. Albumin, length of stay, and proton pump inhibitors: key factors in *Clostridium difficile*-associated disease in nursing home patients. *Journal of the American Medical Directors Association*. 2005 Apr 30;6(2):105-8. <http://dx.doi.org/10.1016/j.jamda.2005.01.003>
41. McDonald EG, Milligan J, Frenette C, Lee TC. Continuous proton pump inhibitor therapy and the associated risk of recurrent *Clostridium difficile* infection. *JAMA internal medicine*. 2015 May 1;175(5):784-91. <http://dx.doi.org/10.1001/jamainternmed.2015.42>
42. Kwok CS, Arthur AK, Anibueze CI, Singh S, Cavallazzi R, Loke YK. Risk of *Clostridium difficile* infection

with acid suppressing drugs and antibiotics: meta-analysis. *The American journal of gastroenterology*. 2012 Jul 1;107(7):1011-9. <http://dx.doi.org/10.1038/ajg.2012.108>

43. Neal KR, Scott HM, Slack RC, Logan RF. Omeprazole as a risk factor for campylobacter gastroenteritis: case-control study. *Bmj*. 1996 Feb 17;312(7028):414-5. <http://dx.doi.org/10.1136/bmj.312.7028.414>

44. Kader SA, Mansour AM, Mohran Z, El-Taouil A, Abdalla KF. A study on the relation between proton pump inhibitor and gastric giardiasis. *Journal of the Egyptian Society of Parasitology*. 1998 Apr;28(1):149-57.

45. Rodríguez LA, Ruigómez A, Panés J. Use of acid-suppressing drugs and the risk of bacterial gastroenteritis. *Clinical Gastroenterology and Hepatology*. 2007 Dec 31;5(12):1418-23. <http://dx.doi.org/10.1016/j.cgh.2007.09.010>

46. Food US. Drug Information. FDA Drug Safety Communication: Abnormal heart rhythms associated with use of Anzemet (dolasetronmesylate).2011.

47. Yu EW, Bauer SR, Bain PA, et al. Proton pump inhibitors and risk of fractures: a meta-analysis of 11 international studies. *Am J Med* 2011;124:519-26. <http://dx.doi.org/10.1016/j.amjmed.2011.01.007>

49. Targownik LE, Lix LM, Leung S, Leslie WD. Proton-pump inhibitor use is not associated with osteoporosis or accelerated bone mineral density loss. *Gastroenterology*. 2010 Mar 31;138(3):896-904. <http://dx.doi.org/10.1053/j.gastro.2009.11.014>

50. Corley DA, Kubo AI, Zhao W, Quesenberry C. Proton pump inhibitors and histamine-2 receptor antagonists are associated with hip fractures among at-risk patients. *Gastroenterology*. 2010 Jul 31;139(1):93-101. <http://dx.doi.org/10.1053/j.gastro.2010.03.055>

51. Metz DC, Pilmer BL, Han C, Perez MC. Withdrawing PPI therapy after healing esophagitis does not worsen symptoms or cause persistent hypergastrinemia: analysis of dexlansoprazole MR clinical trial data. *The American journal of gastroenterology*. 2011 Nov 1;106(11):1953-60. <http://dx.doi.org/10.1038/ajg.2011.220>

52. Reimer C, Søndergaard B, Hilsted L, Bytzer P. Proton-pump inhibitor therapy induces acid-related symptoms in healthy volunteers after withdrawal of therapy. *Gastroenterology*. 2009 Jul 31;137(1):80-7. <http://dx.doi.org/10.1053/j.gastro.2009.03.058>

53. Niklasson A, Lindström L, Simrén M, Lindberg G, Björnsson E. Dyspeptic symptom development after discontinuation of a proton pump inhibitor: a double-blind placebo-controlled trial. *The American journal of gastroenterology*. 2010 Jul 1;105(7):1531-7. <http://dx.doi.org/10.1038/ajg.2010.81>

54. Fossmark R, Johnsen G, Johanessen E, Waldum HL. Rebound acid hypersecretion after long-term inhibition of gastric acid secretion. *Alimentary pharmacology & therapeutics*. 2005 Jan 1;21(2):149-54. <http://dx.doi.org/10.1111/j.1365-2036.2004.02271.x>

55. Qvigstad G, Waldum H. Rebound hypersecretion after inhibition of gastric acid secretion. *Basic & clinical pharmacology & toxicology*. 2004 May 1;94(5):202-8. <http://dx.doi.org/10.1111/j.1742-7843.2004.pto940502.x>

56. Williams MP, Sercombe J, Hamilton MI, Pounder RE. A placebo-controlled trial to assess the effects of 8 days of dosing with rabeprazole versus omeprazole on 24-h intragastric acidity and plasma gastrin concentrations in young healthy male subjects. *Alimentary Pharmacology and Therapeutics*. 1998 Nov 1;12(11):1079-90. <http://dx.doi.org/10.1046/j.1365-2036.1998.00418.x>

57. Varannes S, Levy P, Lartigue S, Dellatolas F, Lemaire M, Galmiche JP. Comparison of lansoprazole with

-
- omeprazole on 24-hour pH, acid secretion and serum gastrin in healthy volunteers. *Alimentary pharmacology & therapeutics*. 1994 Jun 1;8(3):309-14. <http://dx.doi.org/10.1111/j.1365-2036.1994.tb00293.x>
58. Koop H, Kuly S, Flug M, Schneider A, Rose K. Comparison of 24-h intragastric pH and 24-h gastrin profiles during therapy with the proton pump inhibitors pantoprazole and omeprazole. *Gut*. 1994;35(Suppl 4):A79.
59. Poulsen AH, Christensen S, McLaughlin JK, Thomsen RW, Sørensen HT, Olsen JH, Friis S. Proton pump inhibitors and risk of gastric cancer: a population-based cohort study. *British journal of cancer*. 2009 May 5;100(9):1503-7. <http://dx.doi.org/10.1038/sj.bjc.6605024>
60. Modlin IM, Sandor A, Tang LH, Kidd M, Zelterman D. A 40-year analysis of 265 gastric carcinoids. *American Journal of Gastroenterology*. 1997 Apr 1;92(4).
61. Sheen E, Triadafilopoulos G. Adverse effects of long-term proton pump inhibitor therapy. *Digestive diseases and sciences*. 2011 Apr 1;56(4):931-50. <http://dx.doi.org/10.1007/s10620-010-1560-3>
62. Poulsen AH, Christensen S, McLaughlin JK, Thomsen RW, Sørensen HT, Olsen JH, Friis S. Proton pump inhibitors and risk of gastric cancer: a population-based cohort study. *British journal of cancer*. 2009 May 5;100(9):1503-7. <http://dx.doi.org/10.1038/sj.bjc.6605024>
63. Hayashi H, Taniai E, Morita R, Hayashi M, Nakamura D, Wakita A, Suzuki K, Shibutani M, Mitsumori K. Enhanced liver tumor promotion but not liver initiation activity in rats subjected to combined administration of omeprazole and β -naphthoflavone. *The Journal of toxicological sciences*. 2012;37(5):969-85. <http://dx.doi.org/10.2131/jts.37.969>
64. Zelter A, Fernández JL, Bilder C, Rodríguez P, Wonaga A, Dorado F, Galich M, Viola LA. Fundic gland polyps and association with proton pump inhibitor intake: a prospective study in 1,780 endoscopies. *Digestive diseases and sciences*. 2011 Jun 1;56(6):1743-8. <http://dx.doi.org/10.1007/s10620-010-1493-x>
65. Hayashi H, Shimamoto K, Taniai E, Ishii Y, Morita R, Suzuki K, Shibutani M, Mitsumori K. Liver tumor promoting effect of omeprazole in rats and its possible mechanism of action. *The Journal of toxicological sciences*. 2012;37(3):491-501. <http://dx.doi.org/10.2131/jts.37.491>
66. Jalving M, Koornstra JJ, Wesseling J, Boezen HM, De Jong S, Kleibeuker JH. Increased risk of fundic gland polyps during long-term proton pump inhibitor therapy. *Alimentary pharmacology & therapeutics*. 2006 Nov 1;24(9):1341-8. <http://dx.doi.org/10.1111/j.1365-2036.2006.03127.x>
67. Fossmark R, Jianu CS, Martinsen TC, Qvigstad G, Syversen U, Waldum HL. Serum gastrin and chromogranin A levels in patients with fundic gland polyps caused by long-term proton-pump inhibition. *Scandinavian journal of gastroenterology*. 2008 Jan 1;43(1):20-4. <http://dx.doi.org/10.1080/00365520701561959>
68. Jalving M, Koornstra JJ, Wesseling J, Boezen HM, De Jong S, Kleibeuker JH. Increased risk of fundic gland polyps during long-term proton pump inhibitor therapy. *Alimentary pharmacology & therapeutics*. 2006 Nov 1;24(9):1341-8. <http://dx.doi.org/10.1111/j.1365-2036.2006.03127.x>
69. Jalving M, Koornstra JJ, Götz JM, van der Waaij LA, de Jong S, Zwart N, Karrenbeld A, Kleibeuker JH. High-grade dysplasia in sporadic fundic gland polyps: a case report and review of the literature. *European journal of gastroenterology & hepatology*. 2003 Nov 1;15(11):1229-33. <http://dx.doi.org/10.1097/00042737-200311000-00013>

-
70. Choudhry U, Boyce Jr HW, Coppola D. Proton pump inhibitor-associated gastric polyps: a retrospective analysis of their frequency, and endoscopic, histologic, and ultrastructural characteristics. *American journal of clinical pathology*. 1998 Nov;110(5):615-21. <http://dx.doi.org/10.1093/ajcp/110.5.615>
71. Lambert AA, Lam JO, Paik JJ, Ugarte-Gil C, Drummond MB, Crowell TA. Risk of community-acquired pneumonia with outpatient proton-pump inhibitor therapy: a systematic review and meta-analysis. *PLoS one*. 2015 Jun 4;10(6):e0128004. <http://dx.doi.org/10.1371/journal.pone.0128004>
72. Sultan N, Nazareno J, Gregor J. Association between proton pump inhibitors and respiratory infections: a systematic review and meta-analysis of clinical trials. *Canadian Journal of Gastroenterology*. 2008 Sep;22(9):761. <http://dx.doi.org/10.1155/2008/821385>
73. Estborn L, Joelson S. Occurrence of community-acquired respiratory tract infection in patients receiving esomeprazole. *Drug safety*. 2008 Jul 1;31(7):627-36. <http://dx.doi.org/10.2165/00002018-200831070-00008>
74. Murray LJ, Gabello M, Rudolph DS, Farrell CP, Morgan M, Martin AP, Underwood JC, Valenzano MC, Mullin JM. Transmucosal gastric leak induced by proton pump inhibitors. *Digestive diseases and sciences*. 2009 Jul 1;54(7):1408-17. <http://dx.doi.org/10.1007/s10620-008-0528-z>
75. Luk CP, Parsons R, Lee YP, Hughes JD. Proton Pump Inhibitor–Associated Hypomagnesemia: What Do FDA Data Tell Us? *Annals of Pharmacotherapy*. 2013 Jun 1;47(6):773-80. <http://dx.doi.org/10.1345/aph.1r556>
76. <http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm245275>.
77. Lemon TI. Proton pump inhibitors and hypomagnesemia monitoring. *International journal of general medicine*. 2013;6:675. <http://dx.doi.org/10.2147/ijgm.s51547>
78. Chen J, Yuan YC, Leontiadis GI, Howden CW. Recent safety concerns with proton pump inhibitors. *Journal of clinical gastroenterology*. 2012 Feb 1;46(2):93-114. <http://dx.doi.org/10.1097/mcg.0b013e3182333820>
79. Cundy T, Mackay J. Proton pump inhibitors and severe hypomagnesaemia. *Current opinion in gastroenterology*. 2011 Mar 1;27(2):180-5. <http://dx.doi.org/10.1097/mog.0b013e32833ff5d6>
80. Famularo G, Gasbarrone L, Minisola G. Hypomagnesemia and proton-pump inhibitors. Expert opinion on drug safety. 2013 Sep 1;12(5):709-16. <http://dx.doi.org/10.1517/14740338.2013.809062>
81. Danziger J, William JH, Scott DJ, Lee J, Lehman LW, Mark RG, Howell MD, Celi LA, Mukamal KJ. Proton-pump inhibitor use is associated with low serum magnesium concentrations. *Kidney international*. 2013 Apr 1;83(4):692-9. <http://dx.doi.org/10.1038/ki.2012.452>
82. McColl KE. Effect of proton pump inhibitors on vitamins and iron. *The American journal of gastroenterology*. 2009 Mar 1;104:S5-9. <http://dx.doi.org/10.1038/ajg.2009.45>
83. Lam JR, Schneider JL, Zhao W, Corley DA. Proton pump inhibitor and histamine 2 receptor antagonist use and vitamin B12 deficiency. *Jama*. 2013 Dec 11;310(22):2435-42. <http://dx.doi.org/10.1001/jama.2013.280490>
84. Neal K, Logan R. Potential gastrointestinal effects of long-term acid suppression with proton pump inhibitors. *Alimentary pharmacology & therapeutics*. 2001 Jul 9;15(7):1085-. <http://dx.doi.org/10.1046/j.1365-2036.2001.0994a.x>

-
85. Murray LJ, Gabello M, Rudolph DS, Farrell CP, Morgan M, Martin AP, Underwood JC, Valenzano MC, Mullin JM. Transmucosal gastric leak induced by proton pump inhibitors. *Digestive diseases and sciences*. 2009 Jul 1;54(7):1408-17. <http://dx.doi.org/10.1007/s10620-008-0528-z>
86. Merwat SN, Spechler SJ. Might the Use of Acid-Suppressive Medications Predispose to the Development of Eosinophilic Esophagitis. *The American journal of gastroenterology*. 2009 Aug 1;104(8):1897-902. <http://dx.doi.org/10.1038/ajg.2009.87>
87. Maggio M, Corsonello A, Ceda GP, Cattabiani C, Lauretani F, Buttò V, Ferrucci L, Bandinelli S, Abbatecola AM, Spazzafumo L, Lattanzio F. Proton pump inhibitors and risk of 1-year mortality and rehospitalization in older patients discharged from acute care hospitals. *JAMA internal medicine*. 2013 Apr 8;173(7):518-23. <http://dx.doi.org/10.1001/jamainternmed.2013.2851>
88. Katz MH. Failing the acid test: benefits of proton pump inhibitors may not justify the risks for many users. *Arch Intern Med*, 2010. 170(9): p. 747–8. <http://dx.doi.org/10.1001/archinternmed.2010.64>
89. Ghebremariam YT, LePendu P, Lee JC, Erlanson DA, Slaviero A, Shah NH, Leiper J, Cooke JP. An unexpected effect of proton pump inhibitors: elevation of the cardiovascular risk factor ADMA. *Circulation*. 2013 Jul 3:CIRCULATIONAHA-113. <http://dx.doi.org/10.1161/circulationaha.113.003602>
90. Tran CT, Leiper JM, Vallance P. The DDAH/ADMA/NOS pathway. *Atherosclerosis Supplements*. 2003 Dec 31;4(4):33-40. [http://dx.doi.org/10.1016/s1567-5688\(03\)00032-1](http://dx.doi.org/10.1016/s1567-5688(03)00032-1)
91. Wilson A, Shin D, Weatherby C, Harada R, Ng M, Nair N, Cooke JP. Asymmetric dimethylarginine correlates with measures of disease severity, major adverse cardiovascular events and all-cause mortality in patients with peripheral arterial disease. *Vascular medicine*. 2010 May 19. <http://dx.doi.org/10.1177/1358863x10364552>
92. Lu TM, Chung MY, Lin MW, Hsu CP, Lin SJ. Plasma asymmetric dimethylarginine predicts death and major adverse cardiovascular events in individuals referred for coronary angiography. *International journal of cardiology*. 2011 Dec 1;153(2):135-40. <http://dx.doi.org/10.1016/j.ijcard.2011.06.120>
93. Ghebremariam YT, LePendu P, Lee JC, Erlanson DA, Slaviero A, Shah NH, Leiper J, Cooke JP. An unexpected effect of proton pump inhibitors: elevation of the cardiovascular risk factor ADMA. *Circulation*. 2013 Jul 3:CIRCULATIONAHA-113. <http://dx.doi.org/10.1161/circulationaha.113.003602>
94. Sierra F, Suarez M, Rey M, Vela MF. Systematic review: proton pump inhibitor-associated acute interstitial nephritis. *Alimentary pharmacology & therapeutics*. 2007 Aug 1;26(4):545-53. <http://dx.doi.org/10.1111/j.1365-2036.2007.03407.x>
95. Rossert J. Drug-induced acute interstitial nephritis. *Kidney international*. 2001 Aug 31;60(2):804-17. <http://dx.doi.org/10.1046/j.1523-1755.2001.060002804.x>
96. Coca SG, Singanamala S, Parikh CR. Chronic kidney disease after acute kidney injury: a systematic review and meta-analysis. *Kidney international*. 2012 Mar 1;81(5):442-8. <http://dx.doi.org/10.1038/ki.2011.379>
97. Park CH, Kim EH, Roh YH, Kim HY, Lee SK. The association between the use of proton pump inhibitors and the risk of hypomagnesemia: a systematic review and meta-analysis. *PloS one*. 2014 Nov 13;9(11):e112558. <http://dx.doi.org/10.1371/journal.pone.0112558>
98. Tin A, Grams ME, Maruthur NM, Astor BC, Couper D, Mosley TH, Selvin E, Coresh J, Kao WH. Results from the Atherosclerosis Risk in Communities study suggest that low serum magnesium is associated

with incident kidney disease. *Kidney international*. 2015 Apr 1;87(4):820-7. <http://dx.doi.org/10.1038/ki.2014.331>

99. Cheng FC, Ho YF, Hung LC, Chen CF, Tsai TH. Determination and pharmacokinetic profile of omeprazole in rat blood, brain and bile by microdialysis and high-performance liquid chromatography. *Journal of Chromatography A*. 2002 Mar 8;949(1):35-42. [http://dx.doi.org/10.1016/S0021-9673\(01\)01225-0](http://dx.doi.org/10.1016/S0021-9673(01)01225-0)

100. Rojo LE, Alzate-Morales J, Saavedra IN, Davies P, Maccioni RB. Selective interaction of lansoprazole and astemizole with tau polymers: potential new clinical use in diagnosis of Alzheimer's disease. *Journal of Alzheimer's Disease*. 2010 Jan 1;19(2):573-89.

101. Badiola N, Alcalde V, Pujol A, Münter LM, Multhaup G, Lleó A, Coma M, Soler-López M, Aloy P. The proton-pump inhibitor lansoprazole enhances amyloid beta production. *PloS one*. 2013 Mar 8;8(3):e58837. <http://dx.doi.org/10.1371/journal.pone.0058837>

102. Dubois B, Feldman HH, Jacova C, Cummings JL, DeKosky ST, Barberger-Gateau P, Delacourte A, Frisoni G, Fox NC, Galasko D, Gauthier S. Revising the definition of Alzheimer's disease: a new lexicon. *The Lancet Neurology*. 2010 Nov 30;9(11):1118-27. [http://dx.doi.org/10.1016/S1474-4422\(10\)70223-4](http://dx.doi.org/10.1016/S1474-4422(10)70223-4)

103. Majumdar A, Cruz D, Asamoah N, Buxbaum A, Sohar I, Lobel P, Maxfield FR. Activation of microglia acidifies lysosomes and leads to degradation of Alzheimer amyloid fibrils. *Molecular biology of the cell*. 2007 Apr 1;18(4):1490-6. <http://dx.doi.org/10.1091/mbc.e06-10-0975>

104. Mattsson JP, Väänänen K, Wallmark B, Lorentzon P. Omeprazole and bafilomycin, two proton pump inhibitors: differentiation of their effects on gastric, kidney and bone H⁺-translocating ATPases. *Biochimica et Biophysica Acta (BBA)-Biomembranes*. 1991 Jun 18;1065(2):261-8. [http://dx.doi.org/10.1016/0005-2736\(91\)90238-4](http://dx.doi.org/10.1016/0005-2736(91)90238-4)

105. Fallahzadeh MK, BorhaniHaghighi A, Namazi MR. Proton pump inhibitors: predisposers to Alzheimer disease?. *Journal of clinical pharmacy and therapeutics*. 2010 Apr 1;35(2):125-6. <http://dx.doi.org/10.1111/j.1365-2710.2009.01100.x>

106. Lam JR, Schneider JL, Zhao W, Corley DA. Proton pump inhibitor and histamine 2 receptor antagonist use and vitamin B12 deficiency. *Jama*. 2013 Dec 11;310(22):2435-42. <http://dx.doi.org/10.1001/jama.2013.280490>

107. O'Leary F, Allman-Farinelli M, Samman S. Vitamin B 12 status, cognitive decline and dementia: a systematic review of prospective cohort studies. *British Journal of Nutrition*. 2012 Dec 14;108(11):1948-61. <http://dx.doi.org/10.1017/S0007114512004175>

108. Reynolds E. Vitamin B12, folic acid, and the nervous system. *The lancet neurology*. 2006 Nov 30;5(11):949-60.

Potential Adverse Effects of Long Term Use of Proton Pump Inhibitors

Shreyans M. Doshi ¹, Kazumi A. Khamar ², Inder Sehgal ², Nihar Shah ³

Author Affiliations:

1. North Florida Regional Medical Center, Gainesville, Florida
2. School of Pharmacy, Marshall University, Huntington, West Virginia
3. Joan C Edwards School of Medicine, Marshall University, Huntington, West Virginia

The authors have no financial disclosures to declare and no conflicts of interest to report.

Corresponding Author:

Shreyans M. Doshi
North Florida Regional Medical Center
Gainesville, Florida
Email: shreyansdoshi@yahoo.com

Abstract

Proton-Pump Inhibitors (PPIs) have changed the therapy of numerous upper GI tract disorders; but their use is not without risk of adverse effects. Recent studies suggest more serious adverse events with chronic use of PPIs. Because of these risks, clinicians should reassess individual patient's needs for chronic PPI therapy.

Keywords

Proton Pump Inhibitors, Side effects, Osteoporosis, Clostridium difficile, Myocardial Infarction

Introduction

Proton-pump inhibitors (PPIs) are a widely used first line and evidence-based therapy for upper gastrointestinal (GI) disorders, including dyspepsia, peptic ulcer disease, gastroesophageal reflux disease (GERD), *Helicobacter pylori* (*H. pylori*) eradication therapy, lesions caused by nonsteroidal anti-inflammatory drugs (NSAIDs), stress-related mucosal bleeding, Zollinger–Ellison syndrome, and other hypersecretory conditions. PPIs are usually available as acid resistant, delayed-release, enteric coated capsules or tablets to protect them from destruction in the stomach. The orally administered prodrug is absorbed after the coating dissolves in the alkaline intestinal lumen. Common proton pump inhibitors include: omeprazole (Prilosec), lansoprazole (Prevacid, Prevacid 24 hour), dexlansoprazole (Dexilent, Kapidex), rabeprazole (Aciphex), pantoprazole (Protonix), esomeprazole (Nexium) and Zegarid, a rapid release form of omeprazole with sodium bicarbonate.

PPIs are metabolized into irreversible inhibitors of active proton pumps in gastric parietal cells; however, since not all proton pumps are active at the same time, not all are susceptible to inhibition. Approximately 70% of proton pumps are active in the morning and therefore most susceptible to PPI inhibition at this time. To allow for conversion of pro-drug into the active form, PPIs should be administered 30 to 60 minutes prior to meals, preferably breakfast.¹ PPIs interfere with both fasting- and meal-induced HCl secretion because they inhibit the final step of the HCl secretory pathway. Despite a relatively short half-life (usually 0.5–2 hours), PPIs have a lasting inhibitory effect on HCl secretion (between 48–72 hours) because of their irreversible binding to the H⁺K⁺-ATPase. Continuous treatment markedly decreases 24-hour HCl output and acidity of gastric contents. The inhibition of HCl secretion is progressive, and as a result, long term treatment with PPIs can lead to therapeutic hypochlorhydria, a deficiency of gastric HCl.

A majority of reviews, meta analyses, and evidence-based guidelines for management of acid-related disorders now favor PPIs over histamine H₂-receptor antagonists (H₂RAs) for most indications⁹ because PPIs show high efficacy, are well tolerated, possess a desirable safety profile, and are affordable with both trade name and generic preparations available.^{2,3} However, concern now exists because of frequent chronic off-label use at excessive dosages. Potential hazards associated with this misuse are discussed in this review.

Overutilization of PPIs

Although PPIs have been available in the United States since the mid-1980s^{6,7}, their use increased markedly following their approval as OTC agents in the early 2000's. This

availability, coupled with generic versions, a high prevalence of GERD, functional dyspepsia, and/or drug-induced upper GI lesions predominantly caused by NSAIDs all have led to markedly increased PPI use in ambulatory and clinical care settings.^{4,5} The use of omeprazole, esomeprazole, and pantoprazole increased largely over the years 2002–2009 in the outpatient setting in the United States, and PPIs were prescribed in 4% of outpatient visits in 2002.¹⁰ According to IMS Health data (National Prescription Audit), the number of prescriptions for PPIs increased from 146 million in 2009 to 164 million in 2013 (the 8th position on the list of the top therapeutic classes by prescriptions) and for omeprazole—from 46.6 million in 2009 to 70.7 million in 2013 (the 8th position on the list of top medicines by prescriptions). In many countries, PPIs have been among the top 10 best selling medicines for several years. In the U.S., their sales remain high, in excess of \$10 billion per year.⁸

A growing body of literature now documents incorrect use and over use worldwide.^{11,12} PPIs are frequently prescribed to patients at the time of hospital admission as “gastro protection” to reduce chances of litigation against physicians for negligent care.¹³ PPI overutilization in the inpatient setting can be a result of stress ulcer prophylaxis (SUP) in non-intensive care unit patients and failure to discontinue SUP prior to hospital discharge. The overutilization of PPIs in ambulatory care settings is often a result of failure to re-evaluate the need for continuation of therapy, or insufficient use of on-demand and step-down therapy. In published research from Singapore, nearly half of 1025 patients (46.5%) hospitalized on a randomly selected day were administered PPIs, the majority of them (54.1%) without indications recommended by the Food and Drug Administration.¹⁴ General practitioners also commonly prescribe PPIs for symptomatic treatment but without clear diagnosis or for unapproved indications. Interestingly, a recent analysis of data from the National Ambulatory Medical Care Survey and the National Hospital Ambulatory Medical Care Survey showed that 62.9% of outpatient visits by PPI users in the United States had no gastrointestinal diagnosis/complaints or other appropriate indications.¹⁵

Chronic PPI use is not without risks. These risks include colonization of microorganisms, including multi-drug resistant bacteria in the upper gastrointestinal tract, small intestine bacterial overgrowth, impaired gastrointestinal motility¹⁶, impaired neutrophil function¹⁷ and increased incidence of infections such as spontaneous bacterial peritonitis, *C. difficile* colitis, and pneumonia. In addition, patients with more advanced liver disease (who are more likely to be on PPIs) are also at higher risk of PPI accumulation due to impaired liver metabolism leading to extended pharmacokinetic effects and drug interactions.

The use of standard and often a double-dose of PPIs for initial treatment of upper GI tract symptoms has become ubiquitous, yet only a partial response to this therapy is observed in up to 30% of outpatients with GERD.¹⁸ There is also evidence that many patients with GERD take excessive doses of PPIs chronically, although a double dose can be reduced to a standard dose in 80% of cases, and a standard dose may be reduced to a half dose in 58% of cases.¹⁹ Although current guidelines recommend step down or on-demand strategies of treatment in selected GERD cases, some patients as well as clinicians seem reluctant to accept these instructions and some physicians continue pharmacotherapy with PPIs despite no evidence of GI pathology.

Patients who self-treat also often over-administer PPIs. The availability of these relatively inexpensive agents sold over the counter (OTC) could be one contributing factor to overutilization by outpatients. In addition, patient confusion between capsules containing a double standard dose (40 mg) of omeprazole with a standard dose of pantoprazole (40 mg)

can result in over administration. The lack of professional consultations prior to introduction of treatment and lack of medical supervision during pharmacotherapy are contributing factors for the overuse of PPIs in outpatients. GERD patients receiving PPI guidance and prescriptions from gastroenterologists were found to be more likely to be optimal users and achieve better symptom control than OTC consumers who used PPIs inappropriately and had inadequate GERD control.²⁰

PPIs when taken short-term have an excellent safety profile, with extremely rare clinically relevant adverse effects. The frequency of the most common side effects is only somewhat higher than placebo (< 6%).²¹ Headache, the most frequent complaint in clinical trials, is declared by up to 5.5% of the subjects, and serious adverse reactions, such as hepatitis (lansoprazole, omeprazole), interstitial nephritis (omeprazole), or visual disturbances, which usually follow rapid intravenous infusion (omeprazole, pantoprazole) are rare.^{22,23} However, extensive and unnecessary PPI therapy has led to hypergastrinemia, enterochromaffin-like cell hyperplasia, and parietal cell hypertrophy, leading to rebound acid hypersecretion. PPIs have also been linked via retrospective studies to increased risk of enteric infections including *Clostridium difficile*-associated diarrhea²⁴, community-acquired pneumonia²⁵, bone fractures²⁶, interference with metabolism of the antiplatelet agent clopidogrel²⁷ and more recently, with kidney disease²⁸, dementia²⁹ and myocardial infarction³⁰.

***Clostridium difficile* overgrowth**

Clostridium difficile is the etiological agent for almost all cases of pseudomembranous colitis and 15-25% of antibiotic associated diarrhea. Acid-suppressive therapy has been suggested as a risk factor for *C. difficile*, but its role remains controversial.³¹ The incidence and severity of *Clostridium difficile* infections are increasing and they are associated with significant morbidity and increased length of hospitalization. *C. difficile* is the third most common cause of infectious diarrhoea in older patients seen by general practitioners³² and the incidence of *C. difficile*-associated disease (CDAD) is now reported at 1.5% of outpatients in France yearly³³.

Gastric acidity is a major defence mechanism against ingested pathogens, and the PPI-associated loss of normal stomach acidity can lead to microbial colonization of the normally sterile upper GI tract.³⁴ Decreased gastric acidity following PPI use may result in insufficient eradication of ingested pathogens through several mechanisms including the alteration of gut micro flora, enhanced bacterial translocation, and alterations of various immunomodulatory and anti-inflammatory effects.³⁵ To understand the effects of PPIs on CDAD, attention has focused on the survival of acid-resistant spores, delayed gastric emptying, possible effects of bile salts, and roles of potassium and phosphate in gastric juice.³⁶ An accentuation of these PPI effects by *H. pylori* infection may account for the increased colonization risk in the elderly. The increase in CDAD infection in the past few decades has coincided in time with increasing use of PPIs, although other factors such as more virulent *C. difficile* strains may also play a part.³⁷

The PPI-induced increase in gastric pH also affects leukocyte function³⁸, which may contribute to the reported associations between PPI use and increased risk of hospital- and nursing home-acquired CDAD^{39,40}. Patients with continuous PPI use remained at elevated risk of *C. difficile* infection (CDI)⁴¹ and one meta-analysis showed that despite heterogeneity among the studies, the risk of *C. difficile* infection was greater with PPIs than with H2 receptor antagonists⁴². Other enteric infections including *Campylobacter*⁴³, *Giardia*⁴⁴ and

Salmonella are also associated with excess PPI use although the magnitude of risk is unclear⁴⁵.

Collectively, retrospective literature indicates that PPI therapy is likely to increase the risk of *C. difficile* growth, though this must be confirmed through prospective studies. A decision to prescribe or continue PPI therapy must carefully weigh risks and benefits, particularly in high-risk situations such as hospitalized patients co-administered antibiotics, during institutional outbreaks, in elderly or immunosuppressed individuals, and in those embarking on travel to areas of risk for *C.difficile diarrhea*.

Bone and Calcium

In 2011, the FDA issued safety warnings concerning the risk of fractures of the hip, wrist and spine associated with use of PPIs.⁴⁶ As with many rare adverse effects, the risk was not recognised in randomized controlled trials prior to post-marketing epidemiological studies. The most recent meta-analysis of observational studies (mostly conducted in postmenopausal women and older men) found the risk of hip fracture and spine fractures up to 30% and 56% accordingly with high dose and long-term use (>1 year).⁴⁷

The mechanism for the increase in fracture risk does not appear to be associated with either existing osteoporosis or accelerated bone mineral density loss and it remains largely unexplained.⁴⁸ As discussed by Targownik et al, PPIs might increase fracture risk by blocking the repair of micro-fractures and ultimately weakening bone strength.⁴⁹ Although the risk is only marginally higher than that in control populations matched for age, physicians should consider the presence of additional bone weakening risk factors such as corticosteroid use or pre-existing osteoporosis before prescribing PPIs.⁵⁰

Rebound hydrochloric acid hypersecretion

Rebound acid hypersecretion (RAHS), defined as an increased HCl secretion above pre-treatment levels following antisecretory therapy, is one of the most important suggested theories for consumer overutilization of PPIs.^{51,52} Niklasson et al showed that RAHS was observed in healthy volunteers taking a PPI in randomized, double blind study, and they suggested a class effect of these drugs.⁵³ It is believed that chronic PPI therapy results in a compensatory elevation in serum gastrin concentration and a secondary increase in parietal and enterochromaffin-like (ECL) cell mass and activities.^{54,55} The withdrawal of PPIs then may lead to rebound acid secretion and acid-related symptoms in the upper GI tract such as heartburn, acidic regurgitations, or dyspepsia. These symptoms then lead patients to return to PPI therapy. RAHS is observed within 14 days after discontinuation of pharmacotherapy and the duration of RAHS may correlate with the duration of PPI therapy.

RAHS may lead to “PPI dependency” in which rebound symptoms cause anxiety and decrease the quality of life to such an extent that patients wish to ameliorate the symptoms immediately (“PPI withdrawal syndrome”). The patient, unaware of the pathogenesis and temporal nature of RAHS, could seek professional help, but with limited access to specialists, such as gastroenterologists, they often turn to readily available OTC PPIs. Such a scenario leads to an overuse of PPIs as well as increased treatment costs, risk of chronic HCl suppression, and “pseudo tachyphylaxis” due to an increased total mass of the parietal cells.

Hypergastrinemia and its consequences

Hypergastrinemia follows treatment with all PPIs, although some data claims that this increase may be lower with omeprazole than with rabeprazole⁵⁶ and lansoprazole⁵⁷ and lower with pantoprazole than with omeprazole⁵⁸, but the differences seem to be clinically irrelevant. Gastrin, released by G cells of the stomach, duodenum, and the pancreas, is a fundamental stimulus for postmeal HCl secretion. This peptide hormone stimulates mitosis, synthesis of DNA, RNA, and structural proteins of cell membranes; therefore, an increased serum gastrin concentration in long-term users of PPIs raises theoretical concerns about prolonged effects of hypergastrinemia. Although PPIs are regarded as safe pharmaceuticals, this secondary hypergastrinemia raises concern because of the risk of gastrin-induced neoplastic transformation of the gastric mucous membrane.⁵⁹ No causative link has been proven between PPIs and gastric cancer; however, a correlation between hypergastrinemia and ECL cell hyperplasia has been reported in humans and in the last 20 years, the incidence of carcinoids has increased.⁶⁰ At present, the routine monitoring of serum gastrin concentrations is not recommended in patients on long term PPI treatment.⁶¹

Chronic acid suppression in *H. pylori* positive patients may in theory promote chronic gastritis in the gastric body that precipitates atrophy and intestinal metaplasia as well as increases the risk of gastric adenocarcinoma. But no evidence indicates that acid suppressive pharmacotherapy increased the risk of carcinoma at any site in humans and, in fact, PPI therapy is safe for patients with Barrett's oesophagus.⁶² One study in rats suggested that omeprazole may act as a liver tumour promoter, a finding which certainly deserves follow-up in other animal models.⁶³ The strongest risk association of PPI use and malignancy may be that PPI use can mask the symptoms of early gastric cancer and therefore delay an accurate diagnosis and treatment.

Fundic gland polyps

PPI use is associated with an increased incidence of fundic gland polyps (FGPs), mainly in *H. pylori* negative patients on long-term PPI treatment.⁶⁴ In a study by Zelter et al, PPI use was the most important risk factor for the presence of FGPs.⁶⁵ Although chronic pharmacotherapy with PPIs increases the risk of FGPs four fold, FGPs still only develop in a small number of PPI users.⁶⁶ Interestingly, the level of PPI-induced hypergastrinemia is not related to the development of FGPs.⁶⁷ PPI-associated FGPs are usually asymptomatic, small in size, and benign with low-grade dysplasia found in less than 1%.⁶⁸ Despite some case reports on high grade dysplasia within FGPs in non-familial adenomatous polyposis patients⁶⁹, FGPs are not considered a risk factor for gastric malignancies. Nevertheless, their presence on endoscopy may cause patients' distress and lead to unnecessary endoscopic and histological follow up. Discontinuation of PPIs may result in complete regression of FGPs.⁷⁰

Pneumonia

Although early studies suggested a weak association between community-acquired pneumonia (CAP) and PPI use, systematic review of 26 studies including 226,769 cases of CAP observed a pooled risk of 1.49 with ambulatory PPI therapy. This risk was increased during the first month of therapy, regardless of PPI dose or patient age. PPI therapy also increased risk for hospitalization for CAP.⁷¹ Current data do not indicate significant links with nosocomial or ventilator-associated pneumonias.⁷² Furthermore, a retrospective analysis of the original safety data from several randomized clinical trials has shown that esomeprazole does not increase risk for CAP compared to placebo.⁷³ Reports of increased leakage via tight

junctions of mucosa caused by PPIs apply only to molecules in the 500–4000 Da weight range and not to larger molecules or particles, therefore this leakage phenomenon is unlikely to affect bacteria.⁷⁴

Enteric malabsorption

Approximately 40 cases have been reported of proton-pump inhibitor (PPI)-induced hypomagnesaemia (PPIH).⁷⁵ In March 2011, the US Food and Drug Administration (FDA) issued a safety announcement, including hypomagnesaemia as a long-term side-effect of PPI use based on accumulating evidence.⁷⁶ The mechanism by which this occurs is still unclear. PPIs may decrease magnesium (Mg) absorption from the intestine by interfering with both active transient receptor potential melastatin (TRPM) protein channels as well as passive absorption.⁷⁷

With long-term use of PPIs, clinicians should be aware of the PPIH-related presentations. These range from no symptoms to leg cramping, lethargy, seizures and arrhythmias.^{78, 79} PPIH is usually recognized after five years of PPI use and short-term PPI use is not usually associated with hypomagnesaemia. Prompt removal of PPI and magnesium replacement can normalize Mg²⁺ levels and prevent re-hospitalizations and complications. The syndrome of HHP (Hypomagnesaemic hypocalcaemic hypoparathyroidism) is usually associated with PPIH due to hypomagnesaemia interfering with PTH and Ca²⁺ homeostasis and should be considered in any presentation with cardiac arrhythmia, neuromuscular weakness or irritability.^{80, 81}

PPIs inhibit secretion of hydrochloric and also ascorbic acids, which in turn, can markedly reduce the absorption of iron in its reduced form, particularly in the presence of *H. pylori* gastritis. However, there has been no documented association of PPI therapy with iron deficiency anemia.⁸² PPI use has also been linked with the possible development of painful restless legs syndrome, long associated with iron deficiency and low serum ferritin concentrations. In the opinion of some researchers, iron deficiency is the most important potential adverse effects of PPI therapy, especially in patients who are poorly nourished, although this opinion requires support by future prospective studies.

Long-term therapy with omeprazole has been associated with vitamin B12 malabsorption⁸³ and it is reasonable to assess vitamin B12 levels periodically in patients who are on long-term treatment with PPIs.⁸⁴ PPI inhibition of gastric acid secretion, pepsin, intrinsic factor, vitamin C and other substances have all given rise to concerns about a number of possibly resulting clinical deficiency states.

Food allergies and eosinophilic esophagitis

Many experiments show that several ingested potential food allergens, which are normally acid labile, become antigenic during PPI therapy due to increased gastric pH. Since PPIs also dose dependently increase mucosal permeability, small peptide antigens could be absorbed.⁸⁵ Treatment with PPIs for three months increases plasma IgE levels, new food-specific IgE and a mucosal immune response. One recent hypothesis proposes that PPIs may be responsible for eosinophilic esophagitis.⁸⁶

Myocardial Infarction (MI)

PPI use is associated with elevated risk of MI in the general population; H2 blockers show no such association. The associations are independent of clopidogrel use, presence of acute coronary syndromes (ACS)⁸⁸ or patient age⁸⁷. The mechanism for the cardiovascular risk is unknown, although recent *in vivo* data demonstrating that PPIs inhibit dimethyl arginine dimethyl amino hydrolase (DDAH) activity may be a contributing factor.⁸⁹ DDAH metabolizes asymmetric dimethyl arginine (ADMA), which is an endogenous and competitive inhibitor of nitric oxide synthase (NOS).⁹⁰ Increases in plasma ADMA levels of as little as 10% are associated with increased risk of major adverse cardiovascular events.^{91, 92} PPIs increase intracellular ADMA in cultured human endothelial cells by approximately 30% and patients taking PPIs have increased serum ADMA levels.⁹³ These associations provide a possible pathway by which PPI usage deregulates vascular NOS, leading to increased risk of MI.

Acute and Chronic Kidney disease

PPI use is associated with acute kidney injury (AKI), most specifically, acute interstitial nephritis.⁹⁴ This injury occurs in only a small percentage of exposed persons and is not dose dependent, but it is associated with extra renal manifestations such as hypersensitivity. The injury usually recurs after re-challenge and might occur because the drugs act as haptens and elicit anti-membrane⁹⁵ antibodies.

PPI use may also be a risk factor for chronic kidney disease (CKD), potentially mediated by recurrent AKI⁹⁶ or by hypomagnesaemia (PPIH)⁹⁷ and with incident CKD⁹⁸. One recent observational study shows that PPI use is associated with a higher overall risk of incident CKD. They are associated with incident CKD in both unadjusted and adjusted analysis for demographic, socioeconomic, and clinical variables and in comparison with H2 receptor antagonist users.²⁷

Dementia

PPIs have a now-confirmed association with dementia as a recent study based on information from a pharmaceutical database has shown a significant risk of dementia with the three most often used PPIs, omeprazole, pantoprazole, and esomeprazole with a slightly increased risk of dementia by use of esomeprazole.²⁸

The mechanism by which PPIs might influence the development of dementia is not understood and the association is epidemiologic at this time. Some PPIs (e.g., lansoprazole and omeprazole) can cross the blood-brain barrier potentially affecting neuronal targets.^{99,100} Badiola et al mentioned increased A β levels in an amyloid cell model as well as in the brains of mice after PPI treatment.¹⁰¹ Inverse γ -secretase modulation in combination with an augmented β -secretase BACE1 activity can explain accumulation of A β levels.¹⁰² PPIs might also modulate the degradation of A β by lysosomes in microglia.¹⁰³ Fibrillar A β clearance by microglia is pH-labile and can be induced by acidification of lysosomes. Vacuolar-type H⁺-adenosine triphosphatase (V-ATPase) proton pumps mediate this acidification, and since PPIs have inhibitory properties at V-ATPases¹⁰⁴, they could inhibit acidification, reduce A β degradation, and enhance A β levels¹⁰⁵. Another possibility is suggested by Lam et al, in which PPI use in patients with poor vitamin B12 status has been described as leading to neurological damage by impaired DNA synthesis, methylation, and homocysteine neurotoxicity.^{106,107,108}

Conclusions

PPIs have changed the therapy of numerous upper GI tract disorders; but their use is not without risk of adverse effects. Recent studies suggest more serious adverse events with chronic use of PPIs. Large, randomized, prospective trials are needed to more firmly establish direct cause and effect relationships between PPIs and adverse events in specific patient cohorts. Because of these risks, clinicians should reassess individual patient's needs for chronic PPI therapy. We should look for PPIs in patients' charts and should make a mark on prescribed PPIs which do not make sense. It is also reasonable to taper if it has been prescribed in higher than recommended dose. Limited course of PPIs followed by H2 blockers is worth to try to avoid long term use of PPIs.

References

1. McQuaid KR. Drugs used in the treatment of gastrointestinal diseases. In: Katzung BG, Masters SB, Trevor AJ, eds. *Basic and Clinical Pharmacology*. McGraw Hill, 2009: 1067-1101.
2. Katz PO, Gerson LB, Vela MF. Corrigendum: guidelines for the diagnosis and management of gastroesophageal reflux disease. *The American journal of gastroenterology*. 2013 Oct 1;108(10):1672-.
3. MacLaren R, Campbell J. Cost-effectiveness of histamine receptor-2 antagonist versus proton pump inhibitor for stress ulcer prophylaxis in critically ill patients*. *Critical care medicine*. 2014 Apr 1;42(4):809-15.
4. Gøtzsche PC. Our prescription drugs kill us in large numbers. *PolskieArchiwumMedycynyWewnetrznej*. 2013 Dec;124(11):628-34.
5. Eid SM, Boueiz A, Paranj S, Mativo C, BA RL, Abougergi MS. Patterns and predictors of proton pump inhibitor overuse among academic and non-academic hospitalists. *Internal medicine*. 2010;49(23):2561-8.
6. Metz D. Proton pump inhibitor therapy: safety issues. *Advances in digestive disease*. AGA Institute Press, Bethesda, MD. 2007:3-14.
7. Klotz U. Impact of CYP2C19 polymorphisms on the clinical action of proton pump inhibitors (PPIs). *European journal of clinical pharmacology*. 2009 Jan 1;65(1):1-2.
8. Metz D. Proton pump inhibitor therapy: safety issues. *Advances in digestive disease*. AGA Institute Press, Bethesda, MD. 2007:3-14.
9. Metz DC, Inadomi JM, Howden CW, Van Zanten SJ, Bytzer P. On-demand therapy for gastroesophageal reflux disease. *The American journal of gastroenterology*. 2007 Mar 1;102(3):642-53.
10. Rotman SR, Bishop TF. Proton pump inhibitor use in the US ambulatory setting, 2002–2009. *PloS one*. 2013 Feb 13;8(2):e56060.
11. Lai PS, Wong YY, Low YC, Lau HL, Chin KF, Mahadeva S. Unexplained abdominal pain as a driver for inappropriate therapeutics: an audit on the use of intravenous proton pump inhibitors. *PeerJ*. 2014 Jun 26;2:e451.
12. Moran N, Jones E, O'Toole A, Murray F. The appropriateness of a proton pump inhibitor prescription. *Irish medical journal*. 2014.
13. Heidelbaugh JJ, Inadomi JM. Magnitude and economic impact of inappropriate use of stress ulcer prophylaxis in non-ICU hospitalized patients. *The American journal of gastroenterology*. 2006 Oct 1;101(10):2200-5.
14. Chia CT, Lim WP, Vu CK. Inappropriate use of proton pump inhibitors in a local setting. *Singapore medical journal*. 2014 Jul;55(7):363.
15. Rotman SR, Bishop TF. Proton pump inhibitor use in the US ambulatory setting, 2002–2009. *PloS one*. 2013 Feb 13;8(2):e56060.
16. Parkman HP, Urbain JC, Knight LC, Brown KL, Trate DM, Miller MA, Maurer AH, Fisher RS. Effect of gastric acid suppressants on human gastric motility. *Gut*. 1998 Feb 1;42(2):243-50.
17. Zedtwitz-Liebenstein K, Wenisch C, Patruta S, Parschalk B, Daxböck F, Graninger W. Omeprazole treatment diminishes intra-and extracellular neutrophil reactive oxygen production and bactericidal activity*. *Critical care medicine*. 2002 May 1;30(5):1118-22.
18. Ruigómez A, Johansson S, Wernersson B, FernándezCantero O, García Rodríguez LA. Gastroesophageal reflux disease in primary care: Using changes in proton pump inhibitor therapy as an indicator of partial response. *Scandinavian journal of gastroenterology*. 2012 Jul 1;47(7):751-61.
19. Inadomi JM, McIntyre L, Bernard L, Fendrick AM. Step-down from multiple-to single-dose proton pump inhibitors (PPIs): a prospective study of patients with heartburn or acid regurgitation completely relieved with PPIs. *The American journal of gastroenterology*. 2003 Sep 1;98(9):1940-4.
20. Sheikh I, Waghay A, Waghay N, Dong C, Wolfe MM. Consumer use of over-the-counter proton pump inhibitors in patients with gastroesophageal reflux disease. *The American journal of gastroenterology*. 2014 Jun 1;109(6):789-94.
21. Thomson AB, Sauve MD, Kassam N, Kamitakahara H. Safety of the long-term use of proton pump inhibitors. *World J Gastroenterol*. 2010 May 21;16(19):2323-30.
22. Brunner G, Athmann C, Schneider A. Long-term, open-label trial: safety and efficacy of continuous maintenance treatment with pantoprazole for up to 15 years in severe acid-peptic disease. *Alimentary pharmacology & therapeutics*. 2012 Jul 1;36(1):37-47.

23. Labenz J, Petersen KU, Rösch W, Koelz HR. A summary of Food and Drug Administration-reported adverse events and drug interactions occurring during therapy with omeprazole, lansoprazole and pantoprazole. *Alimentary pharmacology & therapeutics*. 2003 Apr 1;17(8):1015-9.
24. McDonald EG, Lee TC, Loo VG, Bourgault AM, Poirier L. Clostridium difficile Infection. *The New England journal of medicine*. 2015 Jul 16;373(3):286-8.
25. Bourne C, Charpiat B, Charhon N, Bertin C, Gouraud A, Mouchoux C, Skalli S, Janoly-Dumenil A. [Emergent adverse effects of proton pump inhibitors]. *Presse medicale (Paris, France)*. 2013 Feb;42(2):e53-62.
26. Jo Y, Park E, Ahn SB, Jo YK, Son B, Kim SH, Park YS, Kim HJ. A proton pump inhibitor's effect on bone metabolism mediated by osteoclast action in old age: a prospective randomized study. *Gut and liver*. 2015 Sep;9(5):607.
27. Cardoso RN, Benjo AM, DiNicolantonio JJ, Garcia DC, Macedo FY, El-Hayek G, Nadkarni GN, Gili S, Iannaccone M, Konstantinidis I, Reilly JP. Incidence of cardiovascular events and gastrointestinal bleeding in patients receiving clopidogrel with and without proton pump inhibitors: an updated meta-analysis. *Open heart*. 2015 Jun 1;2(1):e000248.
28. Lazarus B, Chen Y, Wilson FP, Sang Y, Chang AR, Coresh J, Grams ME. Proton Pump Inhibitor Use and the Risk of Chronic Kidney Disease. *JAMA internal medicine*. 2016 Jan:238-46.
29. Gomm W, von Holt K, Thomé F, Broich K, Maier W, Fink A, Doblhammer G, Haenisch B. Association of Proton Pump Inhibitors With Risk of Dementia: A Pharmacoepidemiological Claims Data Analysis. *JAMA neurology*. 2016 Feb 15.
30. Shah NH, LePendu P, Bauer-Mehren A, Ghebremariam YT, Iyer SV, Marcus J, Nead KT, Cooke JP, Leeper NJ. Proton pump inhibitor usage and the risk of myocardial infarction in the general population. *PLoS One*. 2015 Jun 10;10(6):e0124653.
31. Howell MD, Novack V, Grgurich P, Soulliard D, Novack L, Pencina M, Talmor D. Iatrogenic gastric acid suppression and the risk of nosocomial Clostridium difficile infection. *Archives of internal medicine*. 2010 May 10;170(9):784-90.
32. Berrington A, Borriello SP, Brazier J, Duckworth G, Foster K, Freeman R. National Clostridium difficile standards group: report to the Department of Health. *J Hosp Infect*. 2004 Feb 1;56(Suppl 1):1-38.
33. Beaugerie L, Flahault A, Barbut F, Atlan P, Lalande V, Cousin P, Cadilhac M, Petit JC. Antibiotic-associated diarrhoea and Clostridium difficile in the community. *Alimentary pharmacology & therapeutics*. 2003 Apr 1;17(7):905-12.
34. Thorens J, Froehlich F, Schwizer W, Saraga E, Bille J, Gyr K, Duroux P, Nicolet M, Pignatelli B, Blum AL, Gonvers JJ. Bacterial overgrowth during treatment with omeprazole compared with cimetidine: a prospective randomised double blind study. *Gut*. 1996 Jul 1;39(1):54-9.
35. Estborn L, Joelson S. Occurrence of community-acquired respiratory tract infection in patients receiving esomeprazole. *Drug safety*. 2008 Jul 1;31(7):627-36.
36. Dial MS. Proton pump inhibitor use and enteric infections. *The American journal of gastroenterology*. 2009 Mar 1;104:S10-6.
37. DePestel DD, Aronoff DM. Epidemiology of Clostridium difficile infection. *Journal of pharmacy practice*. 2013 Oct 1;26(5):464-75.
38. Zedtwitz-Liebenstein K, Wenisch C, Patruta S, Parschalk B, Daxböck F, Graninger W. Omeprazole treatment diminishes intra- and extracellular neutrophil reactive oxygen production and bactericidal activity*. *Critical care medicine*. 2002 May 1;30(5):1118-22.
39. Dial S, Alrasadi K, Manoukian C, Huang A, Menzies D. Risk of Clostridium difficile diarrhea among hospital inpatients prescribed proton pump inhibitors: cohort and case-control studies. *Canadian Medical Association Journal*. 2004 Jul 6;171(1):33-8.
40. Al-Tureihi FI, Hassoun A, Wolf-Klein G, Isenberg H. Albumin, length of stay, and proton pump inhibitors: key factors in Clostridium difficile-associated disease in nursing home patients. *Journal of the American Medical Directors Association*. 2005 Apr 30;6(2):105-8.
41. McDonald EG, Milligan J, Frenette C, Lee TC. Continuous proton pump inhibitor therapy and the associated risk of recurrent Clostridium difficile infection. *JAMA internal medicine*. 2015 May 1;175(5):784-91.
42. Kwok CS, Arthur AK, Anibueze CI, Singh S, Cavallazzi R, Loke YK. Risk of Clostridium difficile infection with acid suppressing drugs and antibiotics: meta-analysis. *The American journal of gastroenterology*. 2012 Jul 1;107(7):1011-9.
43. Neal KR, Scott HM, Slack RC, Logan RF. Omeprazole as a risk factor for campylobacter gastroenteritis: case-control study. *Bmj*. 1996 Feb 17;312(7028):414-5.

44. Kader SA, Mansour AM, Mohran Z, El-Taouil A, Abdalla KF. A study on the relation between proton pump inhibitor and gastric giardiasis. *Journal of the Egyptian Society of Parasitology*. 1998 Apr;28(1):149-57.
45. Rodríguez LA, Ruigómez A, Panés J. Use of acid-suppressing drugs and the risk of bacterial gastroenteritis. *Clinical Gastroenterology and Hepatology*. 2007 Dec 31;5(12):1418-23.
46. Food US. Drug Information. FDA Drug Safety Communication: Abnormal heart rhythms associated with use of Anzemet (dolasetronmesylate).2011.
47. Yu EW, Bauer SR, Bain PA, et al. Proton pump inhibitors and risk of fractures: a meta-analysis of 11 international studies. *Am J Med* 2011;124:519-26.
48. Elaine WY, Bauer SR, Bain PA, Bauer DC. Proton pump inhibitors and risk of fractures: a meta-analysis of 11 international studies. *The American journal of medicine*. 2011 Jun 30;124(6):519-26.
49. Targownik LE, Lix LM, Leung S, Leslie WD. Proton-pump inhibitor use is not associated with osteoporosis or accelerated bone mineral density loss. *Gastroenterology*. 2010 Mar 31;138(3):896-904.
50. Corley DA, Kubo AI, Zhao W, Quesenberry C. Proton pump inhibitors and histamine-2 receptor antagonists are associated with hip fractures among at-risk patients. *Gastroenterology*. 2010 Jul 31;139(1):93-101.
51. Metz DC, Pilmer BL, Han C, Perez MC. Withdrawing PPI therapy after healing esophagitis does not worsen symptoms or cause persistent hypergastrinemia: analysis of dexlansoprazole MR clinical trial data. *The American journal of gastroenterology*. 2011 Nov 1;106(11):1953-60.
52. Reimer C, Søndergaard B, Hilsted L, Bytzer P. Proton-pump inhibitor therapy induces acid-related symptoms in healthy volunteers after withdrawal of therapy. *Gastroenterology*. 2009 Jul 31;137(1):80-7.
53. Niklasson A, Lindström L, Simrén M, Lindberg G, Björnsson E. Dyspeptic symptom development after discontinuation of a proton pump inhibitor: a double-blind placebo-controlled trial. *The American journal of gastroenterology*. 2010 Jul 1;105(7):1531-7.
54. Fossmark R, Johnsen G, Johanessen E, Waldum HL. Rebound acid hypersecretion after long-term inhibition of gastric acid secretion. *Alimentary pharmacology & therapeutics*. 2005 Jan 1;21(2):149-54.
55. Qvigstad G, Waldum H. Rebound hypersecretion after inhibition of gastric acid secretion. *Basic & clinical pharmacology & toxicology*. 2004 May 1;94(5):202-8.
56. Williams MP, Sercombe J, Hamilton MI, Pounder RE. A placebo-controlled trial to assess the effects of 8 days of dosing with rabeprazole versus omeprazole on 24-h intragastric acidity and plasma gastrin concentrations in young healthy male subjects. *Alimentary Pharmacology and Therapeutics*. 1998 Nov 1;12(11):1079-90.
57. Varannes S, Levy P, Lartigue S, Dellatolas F, Lemaire M, Galmiche JP. Comparison of lansoprazole with omeprazole on 24-hour pH, acid secretion and serum gastrin in healthy volunteers. *Alimentary pharmacology & therapeutics*. 1994 Jun 1;8(3):309-14.
58. Koop H, Kuly S, Flug M, Schneider A, Rose K. Comparison of 24-h intragastric pH and 24-h gastrin profiles during therapy with the proton pump inhibitors pantoprazole and omeprazole. *Gut*. 1994;35(Suppl 4):A79.
59. Poulsen AH, Christensen S, McLaughlin JK, Thomsen RW, Sørensen HT, Olsen JH, Friis S. Proton pump inhibitors and risk of gastric cancer: a population-based cohort study. *British journal of cancer*. 2009 May 5;100(9):1503-7.
60. Modlin IM, Sandor A, Tang LH, Kidd M, Zelterman D. A 40-year analysis of 265 gastric carcinoids. *American Journal of Gastroenterology*. 1997 Apr 1;92(4).
61. Sheen E, Triadafilopoulos G. Adverse effects of long-term proton pump inhibitor therapy. *Digestive diseases and sciences*. 2011 Apr 1;56(4):931-50.
62. Poulsen AH, Christensen S, McLaughlin JK, Thomsen RW, Sørensen HT, Olsen JH, Friis S. Proton pump inhibitors and risk of gastric cancer: a population-based cohort study. *British journal of cancer*. 2009 May 5;100(9):1503-7.
63. Hayashi H, Taniai E, Morita R, Hayashi M, Nakamura D, Wakita A, Suzuki K, Shibutani M, Mitsumori K. Enhanced liver tumor promotion but not liver initiation activity in rats subjected to combined administration of omeprazole and β -naphthoflavone. *The Journal of toxicological sciences*. 2012;37(5):969-85.
64. Zelter A, Fernández JL, Bilder C, Rodríguez P, Wonaga A, Dorado F, Galich M, Viola LA. Fundic gland polyps and association with proton pump inhibitor intake: a prospective study in 1,780 endoscopies. *Digestive diseases and sciences*. 2011 Jun 1;56(6):1743-8.
65. Hayashi H, Shimamoto K, Taniai E, Ishii Y, Morita R, Suzuki K, Shibutani M, Mitsumori K. Liver tumor promoting effect of omeprazole in rats and its possible mechanism of action. *The Journal of toxicological sciences*. 2012;37(3):491-501.

66. Jalving M, Koornstra JJ, Wesseling J, Boezen HM, De Jong S, Kleibeuker JH. Increased risk of fundic gland polyps during long-term proton pump inhibitor therapy. *Alimentary pharmacology & therapeutics*. 2006 Nov 1;24(9):1341-8.
67. Fossmark R, Jianu CS, Martinsen TC, Qvigstad G, Syversen U, Waldum HL. Serum gastrin and chromogranin A levels in patients with fundic gland polyps caused by long-term proton-pump inhibition. *Scandinavian journal of gastroenterology*. 2008 Jan 1;43(1):20-4.
68. Jalving M, Koornstra JJ, Wesseling J, Boezen HM, De Jong S, Kleibeuker JH. Increased risk of fundic gland polyps during long-term proton pump inhibitor therapy. *Alimentary pharmacology & therapeutics*. 2006 Nov 1;24(9):1341-8.
69. Jalving M, Koornstra JJ, Götz JM, van der Waaij LA, de Jong S, Zwart N, Karrenbeld A, Kleibeuker JH. High-grade dysplasia in sporadic fundic gland polyps: a case report and review of the literature. *European journal of gastroenterology & hepatology*. 2003 Nov 1;15(11):1229-33.
70. Choudhry U, Boyce Jr HW, Coppola D. Proton pump inhibitor-associated gastric polyps: a retrospective analysis of their frequency, and endoscopic, histologic, and ultrastructural characteristics. *American journal of clinical pathology*. 1998 Nov;110(5):615-21.
71. Lambert AA, Lam JO, Paik JJ, Ugarte-Gil C, Drummond MB, Crowell TA. Risk of community-acquired pneumonia with outpatient proton-pump inhibitor therapy: a systematic review and meta-analysis. *PloS one*. 2015 Jun 4;10(6):e0128004.
72. Sultan N, Nazareno J, Gregor J. Association between proton pump inhibitors and respiratory infections: a systematic review and meta-analysis of clinical trials. *Canadian Journal of Gastroenterology*. 2008 Sep;22(9):761.
73. Estborn L, Joelson S. Occurrence of community-acquired respiratory tract infection in patients receiving esomeprazole. *Drug safety*. 2008 Jul 1;31(7):627-36.
74. Murray LJ, Gabello M, Rudolph DS, Farrell CP, Morgan M, Martin AP, Underwood JC, Valenzano MC, Mullin JM. Transmucosal gastric leak induced by proton pump inhibitors. *Digestive diseases and sciences*. 2009 Jul 1;54(7):1408-17.
75. Luk CP, Parsons R, Lee YP, Hughes JD. Proton Pump Inhibitor–Associated Hypomagnesemia: What Do FDA Data Tell Us? *Annals of Pharmacotherapy*. 2013 Jun 1;47(6):773-80.
76. <http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm245275>.
77. Lemon TI. Proton pump inhibitors and hypomagnesemia monitoring. *International journal of general medicine*. 2013;6:675.
78. Chen J, Yuan YC, Leontiadis GI, Howden CW. Recent safety concerns with proton pump inhibitors. *Journal of clinical gastroenterology*. 2012 Feb 1;46(2):93-114.
79. Cundy T, Mackay J. Proton pump inhibitors and severe hypomagnesaemia. *Current opinion in gastroenterology*. 2011 Mar 1;27(2):180-5.
80. Famularo G, Gasbarrone L, Minisola G. Hypomagnesemia and proton-pump inhibitors. *Expert opinion on drug safety*. 2013 Sep 1;12(5):709-16.
81. Danziger J, William JH, Scott DJ, Lee J, Lehman LW, Mark RG, Howell MD, Celi LA, Mukamal KJ. Proton-pump inhibitor use is associated with low serum magnesium concentrations. *Kidney international*. 2013 Apr 1;83(4):692-9.
82. McColl KE. Effect of proton pump inhibitors on vitamins and iron. *The American journal of gastroenterology*. 2009 Mar 1;104:S5-9.
83. Lam JR, Schneider JL, Zhao W, Corley DA. Proton pump inhibitor and histamine 2 receptor antagonist use and vitamin B12 deficiency. *Jama*. 2013 Dec 11;310(22):2435-42.
84. Neal K, Logan R. Potential gastrointestinal effects of long-term acid suppression with proton pump inhibitors. *Alimentary pharmacology & therapeutics*. 2001 Jul 9;15(7):1085-.
85. Murray LJ, Gabello M, Rudolph DS, Farrell CP, Morgan M, Martin AP, Underwood JC, Valenzano MC, Mullin JM. Transmucosal gastric leak induced by proton pump inhibitors. *Digestive diseases and sciences*. 2009 Jul 1;54(7):1408-17.
86. Merwat SN, Spechler SJ. Might the Use of Acid-Suppressive Medications Predispose to the Development of Eosinophilic Esophagitis? *The American journal of gastroenterology*. 2009 Aug 1;104(8):1897-902.

87. Maggio M, Corsonello A, Ceda GP, Cattabiani C, Lauretani F, Buttò V, Ferrucci L, Bandinelli S, Abbatecola AM, Spazzafumo L, Lattanzio F. Proton pump inhibitors and risk of 1-year mortality and rehospitalization in older patients discharged from acute care hospitals. *JAMA internal medicine*. 2013 Apr 8;173(7):518-23.
88. Katz MH. Failing the acid test: benefits of proton pump inhibitors may not justify the risks for many users. *Arch Intern Med*, 2010. 170(9): p. 747–8. doi: 10.1001/archinternmed.2010.64. pmid:20458079
89. Ghebremariam YT, LePendu P, Lee JC, Erlanson DA, Slaviero A, Shah NH, Leiper J, Cooke JP. An unexpected effect of proton pump inhibitors: elevation of the cardiovascular risk factor ADMA. *Circulation*. 2013 Jul 3:CIRCULATIONAHA-113.
90. Tran CT, Leiper JM, Vallance P. The DDAH/ADMA/NOS pathway. *Atherosclerosis Supplements*. 2003 Dec 31;4(4):33-40.
91. Wilson A, Shin D, Weatherby C, Harada R, Ng M, Nair N, Cooke JP. Asymmetric dimethylarginine correlates with measures of disease severity, major adverse cardiovascular events and all-cause mortality in patients with peripheral arterial disease. *Vascular medicine*. 2010 May 19.
92. Lu TM, Chung MY, Lin MW, Hsu CP, Lin SJ. Plasma asymmetric dimethylarginine predicts death and major adverse cardiovascular events in individuals referred for coronary angiography. *International journal of cardiology*. 2011 Dec 1;153(2):135-40.
93. Ghebremariam YT, LePendu P, Lee JC, Erlanson DA, Slaviero A, Shah NH, Leiper J, Cooke JP. An unexpected effect of proton pump inhibitors: elevation of the cardiovascular risk factor ADMA. *Circulation*. 2013 Jul 3:CIRCULATIONAHA-113.
94. Sierra F, Suarez M, Rey M, Vela MF. Systematic review: proton pump inhibitor-associated acute interstitial nephritis. *Alimentary pharmacology & therapeutics*. 2007 Aug 1;26(4):545-53.
95. Rossert J. Drug-induced acute interstitial nephritis. *Kidney international*. 2001 Aug 31;60(2):804-17.
96. Coca SG, Singanamala S, Parikh CR. Chronic kidney disease after acute kidney injury: a systematic review and meta-analysis. *Kidney international*. 2012 Mar 1;81(5):442-8.
97. Park CH, Kim EH, Roh YH, Kim HY, Lee SK. The association between the use of proton pump inhibitors and the risk of hypomagnesemia: a systematic review and meta-analysis. *PloS one*. 2014 Nov 13;9(11):e112558.
98. Tin A, Grams ME, Maruthur NM, Astor BC, Couper D, Mosley TH, Selvin E, Coresh J, Kao WH. Results from the Atherosclerosis Risk in Communities study suggest that low serum magnesium is associated with incident kidney disease. *Kidney international*. 2015 Apr 1;87(4):820-7.
99. Cheng FC, Ho YF, Hung LC, Chen CF, Tsai TH. Determination and pharmacokinetic profile of omeprazole in rat blood, brain and bile by microdialysis and high-performance liquid chromatography. *Journal of Chromatography A*. 2002 Mar 8;949(1):35-42.
100. Rojo LE, Alzate-Morales J, Saavedra IN, Davies P, Maccioni RB. Selective interaction of lansoprazole and astemizole with tau polymers: potential new clinical use in diagnosis of Alzheimer's disease. *Journal of Alzheimer's Disease*. 2010 Jan 1;19(2):573-89.
101. Badiola N, Alcalde V, Pujol A, Münter LM, Multhaup G, Lleó A, Coma M, Soler-López M, Aloy P. The proton-pump inhibitor lansoprazole enhances amyloid beta production. *PloS one*. 2013 Mar 8;8(3):e58837.
102. Dubois B, Feldman HH, Jacova C, Cummings JL, DeKosky ST, Barberger-Gateau P, Delacourte A, Frisoni G, Fox NC, Galasko D, Gauthier S. Revising the definition of Alzheimer's disease: a new lexicon. *The Lancet Neurology*. 2010 Nov 30;9(11):1118-27.
103. Majumdar A, Cruz D, Asamoah N, Buxbaum A, Sohar I, Lobel P, Maxfield FR. Activation of microglia acidifies lysosomes and leads to degradation of Alzheimer amyloid fibrils. *Molecular biology of the cell*. 2007 Apr 1;18(4):1490-6.
104. Mattsson JP, Väänänen K, Wallmark B, Lorentzon P. Omeprazole and bafilomycin, two proton pump inhibitors: differentiation of their effects on gastric, kidney and bone H⁺-translocating ATPases. *BiochimicaetBiophysicaActa (BBA)-Biomembranes*. 1991 Jun 18;1065(2):261-8.
105. Fallahzadeh MK, BorhaniHaghighi A, Namazi MR. Proton pump inhibitors: predisposers to Alzheimer disease?. *Journal of clinical pharmacy and therapeutics*. 2010 Apr 1;35(2):125-6.
106. Lam JR, Schneider JL, Zhao W, Corley DA. Proton pump inhibitor and histamine 2 receptor antagonist use and vitamin B12 deficiency. *Jama*. 2013 Dec 11;310(22):2435-42.

107. O'Leary F, Allman-Farinelli M, Samman S. Vitamin B 12 status, cognitive decline and dementia: a systematic review of prospective cohort studies. *British Journal of Nutrition*. 2012 Dec 14;108(11):1948-61.
108. Reynolds E. Vitamin B12, folic acid, and the nervous system. *The lancet neurology*. 2006 Nov 30;5(11):949-60.