**FAQ-PPIs**

* Drug Condition Sides General Lifestyle Other

1. Are PPIs safe long-term? DRUG
2. How do PPIs work? DRUG
3. What are low, normal and high PPIs dosage? DRUG
4. What if PPIs don’t work for me? DRUG
5. When is the best time to take PPIs DRUG
6. What is the best and most effective PPI brand? (nexium, dexilant, protonix etc.) DRUG
7. How long do PPIs stay in your system (body)? DRUG
8. Can I use PPIs indefinitely (every day or so)? DRUG
9. Are PPIs addictive, If yes why? DRUG
10. Are PPIs generally well tolerated? DRUG
11. PPIs and drug interactions? DRUG
12. In which part of the body are PPIs absorbed DRUG
13. Where are Proton pumps found? DRUG
14. Do PPIs shut down all the proton pumps in our body (not just stomach proton pumps)? DRUG
15. Do I have to take PPIs when using NSAIDs? DRUG
16. How much stomach acid do PPIs eliminate/ shut down? DRUG
17. Why PPIs are called powerful drugs? DRUG
18. Are PPIs more efficient than H2 blockers? DRUG
19. Which patients should not take PPIs constantly (should take as needed)? DRUG
20. Why can’t pregnant woman take PPIs in early pregnancy, what should they take instead? DRUG
21. Can I buy PPIs over the counter (OTC, without prescription)? If yes in which dosage? DRUG
22. Is there anything stronger than PPIs, better, something that lasts more? DRUG
23. Are PPIs toxic? DRUG
24. Can I open the tablets and dissolve the powder with water? DRUG
25. Do PPIs form a protective barrier on my stomach lining? DRUG
26. How long should I be PPI free before having an endoscopy DRUG
27. For which diseases are PPIs used CONDITION
28. What is Helicobacter Pylori, how to treat it and is it dangerous? CONDITION
29. What is Esophagitis? CONDITION
30. What is Duodenitis? CONDITION
31. What is Bulbitis? CONDITION
32. What is a Hiatal Hernia? CONDITION
33. What is a strangulated Hiatal Hernia? CONDITION
34. What is Achalasia? CONDITION
35. What is LPR (Laryngopharyngeal reflux), is it often called the silent reflux? CONDITION
36. What is bile reflux? CONDITION
37. What is Zollinger-Ellison syndrome, is it rare? CONDITION
38. What is the difference between acute, chronic and atrophic gastritis? CONDITION
39. How long does it take to develop cancer from atrophic gastritis? CONDITION
40. What does an erosive stomach/esophagus lining mean? CONDITION
41. Do PPIs cause gastroparesis? CONDITION
42. Do PPIs cause gallbladder problem? CONDITION
43. Do PPIs cause C. difficile? CONDITION
44. Do PPIs cause Pneumonia? CONDITION
45. Do PPIs cause magnesium, calcium, vitamin, b12, iron deficiencies (mineral, vitamin) when taken long-term? CONDITION
46. Do PPIs cause osteoporosis? CONDITION
47. Do PPIs cause heart problems and heart attack? CONDITION
48. Do PPIs cause brain problems (dementia, cognitive decline)? CONDITION
49. Do PPIs cause kidney problems (nephritis, chronic kidney disease)? CONDITION
50. Do PPIs cause stomach ulcers? CONDITION
51. What are the signs/symptoms of an ulcer? CONDITION
52. Do PPIs cause cancer? CONDITION
53. Can PPIs heal/reverse Barrett’s esophagus? CONDITION
54. What is the Z-line in the lower part of the esophagus? CONDITION
55. How long does it take to develop cancer from Barrett’s esophagus? CONDITION
56. How do PPIs protect the stomach/esophagus lining from ulcers and inflammation? CONDITION
57. How long does it take to heal an ulcer when you are using PPIs daily? CONDITION
58. How long does it take to heal gastritis with PPIs? CONDITION
59. What is the difference between dysplasia, metaplasia and neoplasia? CONDITION
60. Which organs do PPIs pass by when dissolving? CONDITION
61. What are long-term side effects of PPIs? SIDES
62. What if I have major side effect/s from a PPI, but need to stay on them? SIDES
63. How to reduce PPIs possible future side effects? SIDES
64. What are the most common side effects from PPIs? SIDES
65. Do PPIs cause acid rebound when stopped? SIDES
66. Why do some people on PPIs experience horrible side effects while other don’t? SIDES
67. Are side effects common when taking PPIs? SIDES
68. What is the difference between heartburn, acid reflux and GERD? GENERAL
69. When should I visit a doctor when having a stomach pain/discomfort? GENERAL
70. [How long do you have to be on PPIs in order to say that you are a long-term user](http://localhost:8080/question.html#collapseEleven)? GENERAL
71. Are PPIs widely used? GENERAL
72. How come the stomach acid doesn't burn the stomach with its acidity? GENERAL
73. What is Gastrin and why do I hear about it often? GENERAL
74. What is peristalsis? GENERAL
75. Is there a connection between sinuses and GERD? GENERAL
76. At which position are PPIs on the top ten drugs list consumed by people in the USA? GENERAL
77. How long have PPIs been on the market? GENERAL
78. How many people in the world are using PPIs to treat their condition? GENERAL
79. How many people in the world suffer from GERD? GENERAL
80. How often should I go for a blood test when taking PPIs long-term? GENERAL
81. Does stress really cause ulcers? GENERAL

answer: <http://www.healthline.com/health/bleeding-ulcer#outlook7>

1. What is the cheapest PPI on the market? GENERAL
2. What is the most expensive PPI on the market? GENERAL
3. What is basal acid output (can you measure secretion of HCL)? GENERAL
4. What does the pH of the stomach have to be in order to heal itself from gastritis? GENERAL
5. Do genetics play an important role in getting esophagus-stomach-duodenum problems? GENERAL
6. What are the survival rates of esophagus cancer and how many people get it? GENERAL
7. What are the survival rates of stomach cancer and how many people get it? GENERAL
8. Can I drink alcohol when using PPIs? LIFESTYLE
9. Is it OK to smoke while using PPIs? LIFESTYLE
10. How should I eat while on PPIs? LIFESTYLE
11. What are the most recommended alternatives for PPIs (natural supplements) LIFESTYLE
12. Will eliminating carbs help my acid reflux? LIFESTYLE
13. Will eliminating gluten help my acid reflux? LIFESTYLE
14. Will eliminating lactose help my acid reflux? LIFESTYLE
15. Should I still seek for an alternative even though I’m told to be on PPIs for life? LIFESTYLE
16. Can a diet without PPIs help heal my condition (ulcers, gastritis, GERD)? LIFESTYLE
17. Is there a story on the NET of someone who took PPIs 30+ years? OTHER
18. What are the alternatives to PPIs (similar pharmacy drugs)? OTHER
19. Why are PPIs under constant bombardment from the media recently? OTHER
20. Has anyone died from taking PPIs? OTHER
21. Does low acid due to PPIs compromise the immunity system? OTHER
22. [Why does the drug instruction paper say not to use PPIs for more than 14 days?](http://localhost:8080/question.html#collapse69) OTHER
23. Is it true that people in the third world (Africa) have less acid reflux than in developed countries (USA, Europe)? <http://drjohnday.com/5-reasons-to-get-off-acid-reducing-meds/>
24. Where does H. Pylori come from? OTHER
25. How much does an endoscopy machine cost? OTHER
26. Does an endoscopy procedure hurt, how long does it last (duration)? PROCEDURE
27. Can an endoscopy procedure rupture your esophagus/stomach, is it safe? PROCEDURE
28. Is there anything else apart from the endoscopy procedure to check my esophagus/stomach? PROCEDURE
29. How to prepare for an endoscopy procedure? PROCEDURE
30. Should I go for a sedation before my endoscopy procedure? PROCEDURE
31. What is an esophageal manometry? PROCEDURE
32. What is the barium swallow procedure? PROCEDURE
33. What is a vasectomy. When is it appropriate to undergo such procedure? PROCEDURE
34. [What is Nissen Fundoplication?](http://localhost:8080/question.html#collapse71) PROCEDURE
35. What is a Stretta procedure? PROCEDURE
36. What is LINX system, device for GERD patients? PROCEDURE
37. What is Barrett’s ablation? PROCEDURE
38. What is TIF procedure? PROCEDURE

**NEW**

1. Why doesn’t the stomach acid erode the intestine lining when it goes down the stomach? Pancreas bicarbonate
2. How do doctors know the difference between chronic gastritis and acute gastritis? They
3. Can you do weight lifting with at hiatal hernia?
4. What does it mean when the drug is FDA approved? What testing does a drug have to undergo till it is FDA approved?
5. Do PPIs cause more gas in the body?
6. How many PPIs prescriptions are there in the USA?WRITTEN
7. How common is a strangulated hernia WRITTEN
8. How to prevent stomach cancer WRITTEN
9. Is Helicobacter transmittable by saliva? WRITTEN
10. Is anxiety related gastritis my fault? <https://www.healthyplace.com/blogs/anxiety-schmanxiety/2014/07/your-anxiety-is-not-your-fault/> WRITTEN
11. Strangulated hernia how does it feel (general symptoms + patient story): WROTE<https://patient.info/forums/discuss/confused-591193?page=0&utm_source=forum&utm_campaign=comment-notification&utm_medium=email#2688127>
12. What is a case study? WROTE

What is relative risk? WROTE

What is absolute risk? WROTE

What is 95%? WROTE

What are confounding factors WROTE

What is a cohort study? WROTE

What is a drug interaction? WROTE

What is the difference between prevalence and incidence? WROTE

Is it safe to eat after gastroscopy? WROTE

Why is upper GI bleeding manifested in black stool, what causes the stool to go black? WROTE

What if I have pain after gastroscopy WROTE

Acid secretion http://www.vivo.colostate.edu/hbooks/pathphys/digestion/stomach/parietal.html

DONE.Why don’t people with LPR HAVE heartburn? Some people with LPR do have heartburn. Some people with LPR don't have heartburn very often, but actually about half the people who have LPR never have any heartburn at all. This is because the material that refluxes does not stay in the esophagus for very long. In other words, the acid does not have enough time to irritate the esophagus and cause heartburn. <http://www.mwent.com/patient-services/silent-reflux-treatment>

WROTE How do I know if I have stomach perforation from endoscopy <https://patient.info/forums/discuss/pain-after-endoscopy-chest-pain-discomfort-swallowing-584651>

If you use 2 or more drugs at the same time, the way your body processes each drug can change. When this happens, the risk of side effects from each drug increases and each drug may not work the way it should. This is called a “drug-drug interaction.” Vitamins and herbal supplements can also affect the way your body processes medicine. url: <https://familydoctor.org/high-blood-pressure-medicines/>