1. Include the side effects people reporting before the release articles talking about CKD, dementia and stuff so basically include posts till year 2007 or so to see what were people talking about this drug and the sides of the drug back then and what are they talking now. Maybe it is really a psychological thing, who knows.
2. Allow a text field to enter the age and/or other parameters for a user and therefore

Get the posts that are relevant based on their age etc. so they can see how many similar

People cope with the disease.

1. You have to include doctors talking about PPIs through post's for and against filtration
2. Doctors on PPI’s through user posts filtration, also allow combining both from user and independent statements.
3. You can also include Nissen stories through posts, success or failure checkbox.
4. Show posts with the most parameters/variables the most extracts from the post.
5. How to see if the drug is bad?

Calculate the amount of side effects maybe?

1. stavi posebnu kategoriju postova koji pobijaju neke stvari koji drugi ljudi pričaju

primjer: svi pacijenti kažu da PPI inhibira **Fe,** **Mg** itd. i onda jedan lik kaže

da on uzima svaki dan PPI i da njemu ništa ne inhibira. tak stavi postove koji pobijaju druge

tvrdnje.

1. isto tako jesu li dijete bitne? mislim da ne (u slučaju hipe sekrecije) ali sastavi listu kaj ljudi s ovim problemom

jedu a kaj ne jedu tj. Izbjegavaju.

1. You have to include alternative drugs (dgl licorice, sodium bicarbonate etc.)

You have to make a table for alternative drugs.

1. If “explicitnone” side effect is found with other sides this means

That there were literally no sides apart from a small period (filter this posts).

Also 2 means extreme negative

3 is interesting, 1 is positive, 4 is extreme.

1. Circle comparison of most used drugs (companies) nexium, dexilant, Prilosec etc.
2. Ranking by side effects, nutrient deficiency, most prevalent disease considering the usage of PPIs, Posts with 20+ years filtration, positive posts, negative posts, most side effects post, explicit none side effects post, only omeprazole and other prazole posts, extremes stories posts (1,2,3,4,5) which you will have to define these numbers, introduce a new table maybe in MySQL. Other drugs used display list, other alternative used, display list, filter posts based on diseases, nutrient deficiency, date when post was posted, drug generic, drug brand, years of taking, dosage, helicobacter pylori, gender, age. Posts of people being on this drugs for max amount of time, filter most alternative stuff being used to help with gastro diseases
3. List of media talking negatively about PPIs, consider a counter of let‘s say daily mail how many times have they posted an article negatively on PPIs, Guardian, NY times…
4. Includes FAQ with answers in a sub web page
5. Filter all Chris Barrett’s stories that can help people and also include his link to his webpage (Barrets-Wessex)
6. How many doctors think that the drug is ok, how many of them think the drug is not ok, total stats must be there… don’t forget the overall stats.
7. Include your personal story of what you are suffering.
8. Include your own personal comments based on what you have read on the forums (i.e.: people have the most side effect and the group of this people are people who actually have just started taking the drug not people who have been on the drug for long amount of time)
9. Take out (with SQL) all the drugs that have the most side effects associated and then do the ranking!
10. Filter the posts based on length of post (just do post.lenght and filter them out base on small length medium length and large posts).
11. Don’t forget NHBCM statistics, percentage explaining what these numbers represent
12. Do some section on word writing, like how do you write Barrett’s or GERD, ppis not ppi’s or omeprazole, all others prazole etc. properly and when do you say you have gerd, acid reflux, gastritis, etc. Explain when to properly use this conditions and what they are.
13. Include text to speech in some words, so that people know how it is pronounced.
14. You should implement something or filter at least how long it took people to wean themselves off PPIs, how long did it take to stop the med (don’t have data now for that).
15. Remember 1. Thing. Put some information note some welcome note, to not panic if you are taking the PPIs and say that people are 100% sincere when writing on forums, no bullshit just sincere. They open their souls 100%.
16. Put information on how many people are actually taking the drug worldwide or in USA etc.
17. Suggest to AstraZeneca that you would want to make a new type of forum which wouldn’t be any like this old forums, which would be a specific forum with moderators who are extracting the data from each post and presenting the statistics, THIS IS THE BEST IDEA SO FAR, but yes you would need money for such forum
18. Include the trending section, i.e.: kidney disease, cancer, how many posts are there with cancer being reported, put the number of posts and put the percentage and put it in a trending section.
19. Explain relative vs. absolute risk in taking PPIs.
20. Make suggestions: could CKD be caused because someone is taking PPIs with having H pylori, could It be causes because they are genetically prone to CKD, could it be caused because they are having a chemical reactions which with another drug and PPI drug, could it be caused bla bla bla.
21. (check this out) I do agree that they should report absolute risk. In this case, there is a link in this article to the paper cited, which is freely available at JAMA Internal Medicine.  
      
    In general, it is estimated that about one in 10 American adults have some degree of chronic kidney disease, with risk increasing sharply with age. In this study, of the 10,482 people in the original cohort, there were 56 "CKD incident events" of 322 PPI users, and 1382 CKD events in the 10,160 nonusers, followed over a median of 14 years.
22. REAALY GOOD ONE: calculate the median time it takes to get CKD, Dementia ECT, based on the posts, of course exclude the deviation like someone who got kidney disease in 3-4 months because that is extreme, and then when you are don calculating just render the results
23. Which are the most selling PPIs, make a table for that, you have that on Wikipedia I believe I've seen it over there.
24. How many patients have Hiatal Hernia along with GERD? Which means that they Hiatal hernia is causing there GERD, therefore leading to Barrett’s, dysplasia, esophagus cancer.
25. You have to put what side effects do people get when they have low mg, Fe, B12, Ca,, because it is known that PPIs effect reduces the absorption of these and therefor if people develop deficiency then they can contribute their sides to the sides of the mg, Fe, B12, Ca, etc.. And maybe we can find a link in kidney or mg or B12 etc. After you find about the sides of all of this nutrients (deficient) then make a comparison to the reported sides from the people to see how many percentage actually match!
26. Include statistics (correlation and regression line) to ameliorate your idea and to give even more statistics than expected. You’ll think later what you have to put on x and y axis.
27. Do a calculation on how many people will get GERD in the next, upcoming years. The disease has definitely risen.
28. Which specific med PPIs have been most associated with the development of kidney problems (was it pantoprazole, omeprazole, esomeprazole etc.) You have to provide this option via the SQL query. Kidneys are hot topic now.
29. It would be good to make a formula based on all the negative side effects (c Difficile, osteo, kidney, dementia, cardiovascular etc.) and the positive effects of PPI (prevent stomach, esophagus cancer, prevent Barrett’s, quality of life because of heartburn as well) and to see if it is better to stay on PPIs or to not be on them.
30. **Very important**: you have to include a section where a user can,,, based on his input data (disease, age, weight) get the output of what meds should he take and for how long. Let’s say that he s got an ulcer on what meds should he be and for how long, daily, how many times a day, which dosage. And give a short explanation. What if he gets sides, what should he do then.
31. What should a PPI starter know (patients on PPIs for the first time). Do such a section.
32. PPI secure section, you must implement that! Basically, you a searching for comments in articles where articles say “Only 1% of patients get kidney disease” or for example “the results from the analysis are not significant and should be taken with caution”. So implement a web page where you will deal with these things.
33. Make a *watcher application* for mobile phones where patients in the evening would tell the mobile phone their side effects which they had during the day. This should be **for short-term users**… The back app should then transform this words into binary language basically you should to some speech recognition…
34. Make a matrix of disease and PPI long-term side effects. Now you have Matrix of drugs and what PPI related side effects it could cause and now make a Matrix below of the above said.
35. Allow patients to put stories of their PPI-GERD or other related condition journey until know, let them write like articles or something
36. Write what is the best thing to eat first in the morning. Give ideas what people should eat.
37. You should put quick stats in the research page like how many people develop Barrett’s, how many people get stomach-esophagus cancer each year… How much people have GERD overall…, How many PPI prescription are there, how many people develop CKD, dementia etc., what is the percentage of GERD people who will develop Barrett’s.… YES you definitely have to put this.

* how many people develop Barrett’s,
* how many people get stomach-esophagus cancer each year
* How much people have GERD overall
* How many PPI prescription are there a year
* how many people develop CKD, dementia etc. from PPIs
* what is the percentage of GERD people who will develop Barrett’s
* how many people get gastritis due to H.Pylori
* how many people develop atrophic having chronic gastritis.
* What is the income of PPIs (in billion dollars)

**CONDITION ranking**

SELECT `condition`.name, count(post\_condition.`condition`)as amount from

`condition`, post\_condition where `condition`.id=post\_condition.`condition`

group by `condition`.name order by amount desc

**CONDITIONPPI ranking**

SELECT conditionppi.name, count(post\_conditionppi.conditionppi)as amount from conditionppi, post\_conditionppi

where conditionppi.id=post\_conditionppi.conditionppi

group by conditionppi.name order by amount desc

**SIDES ranking**

SELECT sides.name, count(post\_sides.sides)as amount from sides, post\_sides where sides.id=post\_sides.sides group by sides.name order by amount desc

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**GENERIC ranking**

[SELECT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess0635501846/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fselect.html&token=d9637e68d70b7d4094372da0e134f53e) drug\_generic.name, [COUNT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess0635501846/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fgroup-by-functions.html%23function_count&token=d9637e68d70b7d4094372da0e134f53e)( drug\_generic\_FK ) AS amount  
FROM drug\_generic, data  
WHERE drug\_generic.id [=](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess0635501846/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fcomparison-operators.html%23operator_equal&token=d9637e68d70b7d4094372da0e134f53e) data.drug\_generic\_FK  
GROUP BY drug\_generic.name

order by amount DESC

**BRAND ranking**

SELECT drug\_brand.name, COUNT( drug\_brand\_FK ) AS amount

FROM drug\_brand, data

WHERE drug\_brand.id = data.drug\_brand\_FK

GROUP BY drug\_brand.name

order by amount DESC

**OTHER DRUG** ranking

[SELECT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess0635501846/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fselect.html&token=d9637e68d70b7d4094372da0e134f53e) other\_drug\_name, [COUNT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess0635501846/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fgroup-by-functions.html%23function_count&token=d9637e68d70b7d4094372da0e134f53e)( other\_drug\_name ) AS amount  
FROM `other\_drug\_data`   
GROUP BY other\_drug\_name  
ORDER BY amount DESC

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**USED DRUG** ranking

[SELECT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess9206234453/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fselect.html&token=5511468feec633be6f35aa4f4b830cf8) used.name, [COUNT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess9206234453/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fgroup-by-functions.html%23function_count&token=5511468feec633be6f35aa4f4b830cf8)( used\_data.used\_col ) AS amount  
FROM used\_data, used  
WHERE used.id [=](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess9206234453/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fcomparison-operators.html%23operator_equal&token=5511468feec633be6f35aa4f4b830cf8) used\_data.used\_col  
GROUP BY used.name  
ORDER BY amount DESC

**NUTRIENT RANKING**

SELECT nutrient.name, count(post\_nutrient.nutrient)as amount from nutrient, post\_nutrient

where nutrient.id=post\_nutrient.nutrient

group by nutrient.name order by amount desc

**NATURAL REMEDIES** ranking

[SELECT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess9431253551/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fselect.html&token=a607f6a01137b96c88d6ed1041d243d4) name, [COUNT](https://n1plcpnl0034.prod.ams1.secureserver.net:2083/cpsess9431253551/3rdparty/phpMyAdmin/url.php?url=http%3A%2F%2Fdev.mysql.com%2Fdoc%2Frefman%2F5.6%2Fen%2Fgroup-by-functions.html%23function_count&token=a607f6a01137b96c88d6ed1041d243d4)( name ) AS amount  
FROM alternative  
GROUP BY name  
ORDER BY amount DESC

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Immunologist here. Just wanted to post to prevent a misconception being spread about the last sentence. Your body fighting infection in one area does not weaken the immune system anywhere else. In reality you become more protected to additional infection due to heightened immune surveillance and protection mechanisms.

Weakened immune systems can occur when the numbers of immune cells decrease or they are dysfunctional. Reduced numbers can occur due to age (because you have reduced blood production) or direct infection of the immune cells (like in HIV). Most gut pathogens will not significantly reduce immune cells via direct infection. What is interesting, though, is the change in gut bacteria affecting immune function. Since birth, gut bacteria are used to train the immune system in interesting ways. Mice that lack gut bacteria have dysfunctional immune responses. A majority of this training is to dampen immune responses in the gut and lungs, so the body doesn't eliminate your gut bacteria.

Long term change of the gut bacteria species likely does have significant effects on the immune system which can lead to susceptibility to pneumonia. There is also increased cancer risk in people with chronic immune responses.

https://www.reddit.com/r/news/comments/6l6euv/popular\_stomach\_acid\_blockers\_linked\_to\_higher/