 So I feel like it would be impossible for me to get this bacteria where I'm living.Have you been checked for H. Pylori or not? If not then (but this seems impossible for me)  get checked. How do you know if your gastritis is getting worse? Have you gone to another endoscopy procedure? If yes were the results at least slightly better?Otherwise, fix your diet completely and go to a psychologist or some homeopath, this could help

**LONGTERM PPI/RANITIDINE**

[**http://health.stackexchange.com/questions/5555/how-many-years-is-considered-long-term-drug-medications-usage**](http://health.stackexchange.com/questions/5555/how-many-years-is-considered-long-term-drug-medications-usage)

**SOURCE: <http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/?_r=0>**

**[Chris C](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/?_r=0)**

 Marin County CA [July 1, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=170)

Article makes good points but each person's experience is different..  
I have been taking a PPI for 12 years. No side effects - blood analysis shows everything in normal range. If I stop for a day, I get terrible reflux. I am 6 foot, 200lb and a five day a week gym rat, who watches what they eat and when they eat it.  
So for me they are a blessing.

**LBK**

 Philadelphia [October 27, 2013](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=10373545)

I took Nexium daily for over 4 years, beginning when I was 18, to combat severe GERD. I was an otherwise healthy young woman with an active lifestyle. When I was 22, I stepped awkwardly off a one-step landing one night, and thought nothing of it. I woke up the next morning to find my left foot completely black and blue and swollen to twice its normal size. X-rays showed a fracture in my 5th metatarsal, which left me in a cast/boot for about 3 months. Up until this event in my life, I had never even broken so much as a finger, despite a lifetime of contact sports, long-distance running, and other high-impact activities. My new PCP immediately took me off of the Nexium, citing studies similar to those referenced in the article linking loss of calcium absorption to use of drugs like Nexium.

**CV**

 Arlington, VA [December 29, 2013](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=10834343)

After at least 10 years of GERD meds and plenty of reading about them, I decided to quit. One of the insidious things about the meds is that you find heartburn coming on quickly if you miss a dose, and therefore feel that you can't stop them. So, I went very slowly, opening the capsules and pouring some out, then going to every-other day, and now after maybe 3 months, I'm off. Yes -- the initial reaction was severe, but I took OTC tablets to get through it. The result has been that I now feel very rare heartburn and when I do it's usually because I'm eating too fast or took to big a bite -- so, it's very self-correcting. And, the way I need to eat to minimize symptoms is healthier....I've been consciously trying to lose weight, and have been successful with good choices plus the eating-style feedback.

**annberkeley2008**

 Toronto [December 23, 2014](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=13657549)

I was put on a PPI 10 years or so ago. It was ostensibly to combat the overnight nausea I experienced from a blood pressure medication. After a succession of very bad nights I decided to look into the meds I was taking and found that the PPI actually raised blood pressure. I went off it immediately and have been off it for just over a week. I feel much better and sleep well all night. Oddly enough, I now have brief blasts of acid reflux but ignore them. I think the most important element in my dropping the PPI has been daily brisk walks and the odd dose of bicarbonate of soda to aid digestion. I'm sure I'm going to have some problems along the way but I'll live with them.  
  
I've also halved my blood pressure pill as well. I believe exercise will conquer every ill I may have.  
  
For anyone trying to get off PPI I recommend good old bicarb and exercise.

**Bryan**

 Poland [January 29, 2015](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=13974400)

Magnesium supplements cured my GERD, LPR (silent reflux), joint pain, muscle tightness, Eustachian tube dysfunction (getting stuck open), slightly high blood pressure, and arthritis in my big toe/knee. I spent two years suffering from reflux and bouncing around between doctors who told me to take Nexium for the rest of my life. Nexium helped slightly in the beginning, but I suffered on with a myriad of problems until I started taking vitamin D and later Magnesium. Some of my symptoms cleared in as little as 2 days, but it took a number of weeks for my throat and voice to get back to normal. Most americans are deficient in Vitamin D and Magnesium - do your own research, but I hope this helps someone.

### Foxdog

 The Great Midwest [June 30, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=155)

I took ranitidine (Zantac) 75 mg daily for several years. Seemed harmless enough. Finally I said, "Enough of this!" I stopped buying the pills, went through about a week of heartburn, but not severe. In the meantime, life brought me back to the bachelor lifestyle, wherein I pitted sloth against gluttony (You finally drag your lazy you-know-what to the store to buy food when you're so hungry you can't stand it), lost 35 lbs., and that was it for heartburn. My advice: Let your stomach empty between meals; don't just eat because it's time.

### Anon

 US [June 30, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=146)

I was on PPI's for years and they were losing their effectiveness. I started walking on a treadmill for an hour 3-4 times a week (for unrelated back problems) and now I don't even need them. I lost a little weight like 7 pounds (I'm not overweight right on the border between normal and over), but I think that was after I stopped using them not before. Of course, it might all be a coincidence.

### seviola

 Birmingham, AL [June 29, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=141)

My husband has used a PPI for many years, at least fifteen. Just to reference off the article and some of the comments: his iron count is so high, the Red Cross just told him he can easily afford to give blood much more often. Also: he mostly eats a low-carb, high-vegetable diet. He tries to eat oysters every couple of weeks to get magnesium. His weight is about ten pounds higher than when I married him, but really, that could be due to everything. He swears he has tried everything without PPI... all the non-PPI stuff there is, and only PPI lets him sleep without heartburn. And sleep, he claims, is worth it all.

### J Bates

 White Plains, NY [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=139)

I was on Prilosec for GERD a long time until my doctor suggested I try a natural zinc based supplement instead -- Zinlori. I could not believe how well it worked. You can get it on the internet. Start with 2 a day and go down to one a day in the morning before you eat anything.

### Stephanie

 Dallas, TX [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=138)

I agree with the obesity & anxiety theory. I was born with Acid Reflux because of a congenital defect and I was just 16 when I developed pre-Barrett's esophagus. I've been on the highest dosage of Nexium for almost 10 years now and never experienced any side effects (besides financial). But I've noticed a correlation between the severity of my GERD and my weight and levels of stress; particularly the weight.  
I was surprised because what I lost was muscle mass, not body fat, as this was after I retired from competitive ice hockey. After I stopped training I lost over 10 lbs. of muscle and in corresponding time, I've been able to significantly and continuously reduce my Nexium intake, without any changes to my diet. My gastroenterologist agrees that most likely it helped. I would encourage others to try it as well & see if it helps them.

### msII

 nyc [July 1, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=136:2)

I had the same experience! Quit virtually all carbs, not just gluten, and my daily protonix habit of 5 years was gone in just a few days. I now happily eat "paleo" with lots of protein and veggies and minimal sugar and starches and have lost 15 lbs and never felt better in my life.

### Donald

 Forest Hills, NY [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=132)

I was put on pantoprazole (protonix) about 15 years ago. Even with it, I couldn't tolerate coffee until I came back to the US where the formulation of the drug must be different. When i went on medicare, they told me that pantoprazole  
wouldn't be covered so I found an Indian supplier which was cheaper than my insurance copays had been. I've been on this for about three years -- no side effects -- eat everything -- someday something bad might happen but I will be 67 in September and most of my friends and relatives have already died from something else.

### Kyle

 NY, NY [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=127)

I had GERD for years and was taking Zantac. It wasn't until I noticed that my finger nails had become wavy that I realized I had an vitamin absorption issue and iron deficiency.   
  
I then took ph Ion Balance alkalizing mineral drops. Again, for a long time. However, I read that excessive consumption can raise aluminum levels.  
  
Through pure happenstance I was lead to something that seems to have really helped me. Due to bronchitis, I was prescribed a 5 day course of antibiotics. Worried about my stomach, I upped my yogurt intake and starting drinking kefir. Goat milk kefir, specifically. And I have to say, with respect to my GERD, I have not looked back. I occasionally take Alka Selzer at night after a late, heavy meal but otherwise I think drinking Goat Milk Kefir has changed my life.

### altostrata

 San Francisco [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=123)

I got a B12 deficiency from taking Zantac for a few years, for indigestion. The B12 deficiency led to many health and neurological problems. Getting B12 shots was quite a relief.  
  
It's been years since I've taken Zantac. I simplified my diet and now, no indigestion. All of that suffering was completely unnecessary.

### voltairesmistress

 san francisco [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=119)

Take heart, GERD sufferers. I took a prescription PPI for nearly three years before weaning myself from it VERY SLOWLY and finally achieving success after about 8 months. My gastroenterologist doubted I could get rid of the persistent heartburn without the PPI, but he agreed to let me try and designed a program of alternating the PPI with Zantac use, then reducing each a little bit every two weeks. It did not work at first, so I tripled or quadrupled the time at each step, moderated my diet, and worked really hard to avoid triggers and incidents. Any incident of acid reflux really sets you back by a week or so, so try to avoid that. Here some things that helped me during the transition (everyone is different, so find your own path): no coffee, tea, wine, hard liquor, chocolate of any kind. And no overeating, no snacking through the day, just 3 meals of moderate size. Moderate exercise seemed to help too. Did I lose weight? NO. Did I lose my heartburn? Yes, permanently it seems. I eat or drink all things now, but still avoid the BIG MEAL, and take a Zantac maybe once every two weeks. I wish all of you the best with trying to kick this.

### d james

 nyc [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=118)

I have suffered from mild reflux my whole life but have always eaten well, fresh veggies and lean meats, then a few years ago I suddenly lost the ability to swallow and became quite ill.  
Saw a doctor and was put on Prilosec once daily, worked for a while but then had to up the pills to 2 a day then they stopped working all together. On top of it I developed a terrible heart murmur, i told my gastro doc that my heart was fluttering constantly and he became visibly worried and told me not to take any proton pump drugs ever again and put me zantac 150 daily instead.  
The zantac helps a little bit bit I'll have to have some sort of surgery to fix the faulty stomach valve I was born with. I am 41 by the way. its a shame little research yes into effective surgical options, drug companies make billions a year getting us hooked on these terrible drugs so there's no incentive to develop better options.

### dewittka

 times [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=115)

I've been taking Prevacid for 20 years and only recently was diagnosed with osteopenia. I wasn't overweight when I was put on it, indeed, I was thin. I'm just going to stop taking it and see what happens.

### Richard Alexander

 Plano, Texas [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=104)

For most of my childhood, I had stomach pain and upset. Doctors alternatively diagnosed it as stomach virus, IBS, ulcers or pre-ulcers. When I was about 30, the VA diagnosed me with a hiatal hernia. I've been on P.P.I.s ever since, more than a decade. My weight has ranged greatly in this time, from severely underweight to obese and back to borderline overweight. I don't think my heartburn is going away, and it is extremely unpleasant when untreated. I used to take lots of calcium carbonate to relieve the symptoms, but one can eat only so much rock. P.P.I.s have greatly reduced my discomfort.   
  
I have noticed side-affects. My urinary track isn't stimulated nearly as much as it used to be. I don't feel craving drives for food and sex that used to plague me. I think I'm not absorbing nutrients as well as I should, but liquid supplements and occasional beef-heavy meals help. I am concerned about reports that I've heard over the last decade of a connection to cancer, but I don't see an alternative.

### noni

 Boston, MA [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=103)

my GI specialist prescribed Omeprazole for me for many years to curb acid reflux, gastritis, and esophagus irritation. It worked well, tho every time I had an endoscopy, I always had to have stomach polyps removed, as a consequence of the medication.  
Then, by accident I discovered that Omeprazole gave me very elevated Chromogranin scores in my blood tests. So I had to be investigated for Carcinoid tumors which are associated with high Chromogranin. My scores turned out to be a false-positive caused by the Omeprazole. When I stopped the PPI all my scores returned to normal. My doctor informed me that he had had the same reaction with other patients. I now take Zantac.

### Louis F.

 NYC [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=99)

I have been taking PPI's for well over a decade, and I too have found myself confronting other illnesses, the most troubling of which is IBS. It is a mystery to me. I know that I need to take PPI's to manage the burn and pain of acid reflux, but PPI's alter the chemistry in my digestive system. What a catch-22.... And I have not had luck finding a GI doctor, to help me figure things out.

### Denis Pombriant

 Boston [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=85)

I landed in the hospital in April with complications from PPIs which I was on for more than four years. PPIs are bad news and the doctors don't know how to prescribe them or what the side effects are. People who treated me in the hospital completely missed the obvious diagnosis assuming the drug was safe. There is new evidence that GERD is a result of maladjustment of circadian rhythms and that treatment with melatonin can be an effective treatment for GERD. You can look it up

### Eric

 Washington, DC [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=79)

I have been taking this 40 mg Pantoprazole for over 6 years and haven't had any problems. I've been told by more than one gastroenterologist that taking this medication for life is fine, as long as you have regular blood tests and endoscopies. I have a sliding hernia which exacerbates reflux, so I have even more of a need for this medication.  
  
Concerned about the magnesium, I started taking Magnesium Gluconate (which absorbs in your intestine, not your stomach). I have also had blood tests recently and my B12 and Iron levels were normal. Just like everything else in the health field, it depends on the person. Nothing can be said of absoutely everyone. However, if I stop taking the medication I get acid in my throat no matter what I eat. I fear throat or stomach cancer (both in my family) more than I fear a vitamin deficiency, anyhow.

### Blue

 San Francisco, CA [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=70)

I was on a Prilosec for about a year.. I stopped taking it and replaced with 1 banana for breakfast, feels so much better

### Leslie R

 Mandeville, LA [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=67)

Thirty-plus years ago a doctort prescribed Tagamet for my acid reflux and gastric ulcer. After a year on Tagamet, I took Tums for the occasional reflux for several years, and again saw a gastroenterologist for increasing GERD. An endoscopy showed gastritis and hiatal hernia, so he prescribed Nexium, which  
I took for 15 years, until I was experiencing edema in both legs and the orthopedic surgeon found I had osteopenia after a bone density test . He recommended vitamin D3 and calcium (Tums) for the osteopenia.  
My husband found instructions for getting off the PPI on the internet. The diet included raw almonds after each meal, and a low-acid diet.  
It took a couple of weeks on the special diet and eating lots of TUMS, but my GERD  
has subsided. Now, unless I have a high-acid meal or more than one cup of coffee, I seldom have to take the Tums. That was two years ago. The edema in my legs disappeared within days. My doctor does not contribute that to the Nexium, but has no alternative explanation.  
  
Oh - and I should mention that I have been Vegan for ten months, in an attempt to lose weight and reverse my diabetes. IN addition to lowering my blood glucose level, my vegan diet has resulted in reduced GERD, even with a hiatal hernia.   
  
To those who mentioned trying Prilosec OTC, Tagamet, or other over-the-counter medications - read the labels carefully. Some of those are actually PPI meds. Try taking an antacid such as Tums, and eating a lower-acid diet. It helps.

### David

 Atlanta [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=64)

My GP prescribed daily Prilosec for GERD - despite the fact that the label does not recommend this dosage - saying that it had been on the market for years and was entirely safe. This was my daily routine for 3+ years.  
  
I never had any adverse side-effects. But following a coworker's near-major surgical "correction" for diverticulitis - and subsequent non-surgical reversal of the condition - he informed me of the cure for his ills: food combining.  
  
Food combining isn't a new concept, but for some reason doctors either don't know (ignorance...lack of training) or don't care (disbelief...collusion with drug companies) about this easy solution for many gastrointestinal disorders.  
  
Since beginning to follow this method of eating, my GERD flare-ups have been limited to times when I knowingly veer "outside the lines" (even then, my body seems to have a better tolerance now for violating the rules). I have also noticed that processed foods exacerbate my GERD. And contrary to popular belief, spicy/acid-containing foods, eating late, etc., are not an issue.  
  
My recommendation (I purchased the books and have no financial interest in the company): <http://greattastenopain.com/>  
  
This freely-available chart tells the basic story, however:[http://www.alderbrooke.com/images/chart.jpg](http://www.alderbrooke.com/images/chart.jpg" \t "_blank" \o "http://www.alderbrooke.com/images/chart.jpg)  
  
Give it a try. No drugs and you eat what you want.

### danny70000

 Mandeville, LA [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=59)

My wife was on Nexium for years. She would try to get off it, but the acid reflux was too great. She developed edema, a swelling in her lower legs. I happened on an article about treating acid reflux by eating almonds after meals. It worked, and she was able to get off Nexium. She has not had edema since.

### Arlene

 Texas [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=49)

My 20 yr. old son was prescribed Nexium for a year! He was not overweight and had severe GERD. After about 5 months, I took him off Nexium and started him on GDL, a natural supplement from the licorice plant. He immediately felt relief and after about 6 months he was well enough to stop taking it, now only doing so when symptoms flare up. GDL does not suppress the production of acid in the stomach and does not appear to have noxious side effects. Just make sure to pick the type that is formulated so as not to raise blood pressure, a common effect from licorice. I don't think big pharma has our best interest in mind, only their bottom line. You, as a consumer and patient, have to take charge of your health and do the necessary research to treat your symptoms.

### stevenz

 Auckland [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=39)

I've been on medication for Gerd for over 20 years. PPIs for the past 15 or so. I have noticed no side effects and I have no reflux. I don't doubt that there is a rebound effect, but I have my doubts that I would be better off without them. As I recall, I would get heartburn from things like apples and light beer (not regular beer or bourbon).   
  
So take acids out of my diet along with coffee, chocolate, alcohol, etc.  
And I have a cholesterol problem so take out fats - meat, dairy, eggs.  
And now I see that grains cause reflux. So no grains - cereal, bread, pasta, scones, croissants.  
And of course, sugar since my family has a history of diabetes. Candy, pie, Danish, juice, cinnamon rolls, cheesecake, etc.   
  
Let's see, that leaves... Purina Cat Chow.

### Chrislav

 NYC [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=37)

I've been on a PPI for eight years, 20 mg in the morning and 20 at night -- have terrible heartburn if I don't take it, and for the past year (since August 1, 2011) I have been on clopidogrel, lisinopril, a statin, and baby aspirin when a stent was put in a vein near my heart. In March I was suddenly so weak I ended up in the ER where it was discovered I was dangerously anemic -- I needed a blood transfusion and two subsequent iron infusions, along with high doses of Vitamin D.   
  
I've had a battery of tests since -- endoscopy, colonoscopy, MRI, cat scans -- no one has been able to figure out how I lost so much blood or what the source of the red blood cell loss was. I have asked my doctors if the PPI could be connected and they've all said no. The gastroenterologist actually doubled my dose of the PPI (Nexium).   
  
On August 1 of this year I go off the clopidogrel and will probably breathe a little easier, but I'm going to read all these comments very carefully to see what I can do on my own. Nothing like this has happened to anyone else in my family. I have long wondered if the combination of drugs could be the cause, even after my doctors said it wasn't (but none of them knew what the cause was -- they were as baffled as I was).  
  
Thank you for writing this article. Please stay on this topic and don't let the pharmaceutical companies keep important information from the medical community and the public. I'm sending this link to all my doctors right now.

### Rob

 Manhattan [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=36)

I took ppi's for 10 years, assuming it would always be necessary. I recently started to have bad reflux in the evenings during sleep. I stopped taking the ppi. I found that I did not need them at all for some reason.  
The directions in Prilosec packaging indicate that they should only be taken for 4 months max. I never noticed that direction.

### Mark Siegel

 Atlanta [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=24)

More than 17 years ago, following a spontaneous rupture of the esophagus, I had an esophagectomy. As a result of the operation, I was left without a sphincter to prevent the backwash of stomach acid. I have been on a daily PPI since then and I have had absolutely no ill effects from it. In fact, it has helped me continue to enjoy a vigorous and active life.

### Richard Grayson

 Apache Junction, AZ [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=20)

I've used a PPI for ten years, ever since being given a medication that was either wrong for me or too strong, and so far I've noticed no effects. I am normal weight, exercise every day, and am a vegetarian (although I do like spicy foods like kimchi). But I will probably explore alternatives to my PPI based on what I've been reading. Still, I can remember how miserable I was before I was given a PPI, and I did try a lot of diet changes (some still with me) and other strategies (elevated slanted mattress addition, never lying down until three hours after eating) which had nowhere the almost magic effectiveness of PPI's. If they cause my early death -- as with another drug I take -- it may indeed be worth it because I've had ten symptom-free years. (Alzheimer's runs in my family, so longevity isn't my goal.)

### Elizabeth

 Westchester [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=17)

I've been on PPI's for 25 years for Barrett's Esophagus--all the Dr's I have seen tell me that is the only choice for Barrett's....These articles always concern me and prompt me to continually try to find alternative solutions.

### billsecure

 Baltimore, MD [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=4)

It isn't caused by obesity for me. I've had acid reflux problems since age 16 and I was thin as a rail.   
  
I've been using PPIs for 20 years. If the problems are really as bad as suggested in this article, I need to switch to something like generic Pepcid AC.  
  
By the way, a few of the medications are documented as major contributing factors towards ED.

### jeremy brackett

 napa, ca [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=3)

My brother took prilosec everyday for 10 years and now is feeling the effects. We keep looking for the magic bullet to save us from our problems. Pay attention to what you are eating and limit the amount of stress in your life. Meditation is the best remedy.

### kate

 Philadelphia [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=1)

Maybe the doctors should try asking, instead of assuming patients won't try other means.  
  
I used a PPI for 4-5 years, depleting my B-12 stores until it was agony to walk, my muscles were so painful. Never again!

**SOURCE**

<https://www.reddit.com/r/IAmA/comments/1cus07/i_am_a_20_year_old_diagnosed_with_gerd_barretts/>

I started out at the age of 8 using Nexium and some other prescription medications that always made me feel loopy or just sick. I am 23 now and the one that did the trick for me was Prevacid. That stuff is amazing!

Not saying any one medication is the cure, but keep asking for alternatives from your doctor until you find one that really works for you.

Dear Ayla/all interested parties(probably everyone in fact)

I have taken omeprazole, every day for seventeen and a half years, since I fell ill and was put on a 'whole host' of drugs. The doctors/consultants felt that the chance of any possible 'side effects' was worth the risk, due to the protection this drug would give to my stomach. If you will excuse the pun, I think their 'gut feeling' was right! I really do feel that I would have suffered/indeed be suffering considerable stomach troubles without this drug; especially since, during my teens/early twenties, I suffered from 'acid stomach' quite a lot.

I hope this helpful, Happy New Year everyone.

AndrewT

Source: <https://healthunlocked.com/vasculitis-uk/posts/354282/breaking-news-on-the-risks-of-taking-omeprazole>

Source : https://chriskresser.com/what-everybody-ought-to-know-but-doesnt-about-heartburn-gerd/

**D**

[**AUGUST 3, 2016 AT 11:21 AM**](https://chriskresser.com/what-everybody-ought-to-know-but-doesnt-about-heartburn-gerd/#comment-588900)

Thank you, Lusina! I’m going to try your suggestions. I was on Prilosec (or equivalent) for over 30 years. Decided enough was enough and stopped. It’s been eight days and while I’m doing better than I thought, it’s still been a struggle. Simply cannot go back to the way things were.

[Reply](https://chriskresser.com/what-everybody-ought-to-know-but-doesnt-about-heartburn-gerd/?replytocom=588900#respond)

 March 29, 2016 at 10:30 pm [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95203#respond)

is this for real??

 JeannetteMarch 30, 2016 at 6:32 pm [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95210#respond)

I have taken nexium for about 4years twice Dailey then Prilosec for about a year now Omepthezal for 3 years twice Dailey I have acid reflux as well as IBS . I worry about kidney disease so far they are working They did sit down in 09 but came back haven’t had a problem since

 RobertMarch 30, 2016 at 11:29 pm [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95216#respond)

Taken PPI since 1990. Emergency hospitalization 12/11/15 with acute kidney failure.

 LauraApril 2, 2016 at 8:17 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95234#respond)

I would like to know if this includes such things as simple kidney cysts I have 2 on left kidney one pretty large and growing from within the kidney to the outside and something starting to form in the right kidney and took protonix for several years with no break then stopped due to no insurance and now back on it for ulcers. I see a kidney specialist in a couple weeks

 GailApril 3, 2016 at 9:27 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95237#respond)

yes, it’s real. I took Prilosec for silent GERD twice daily and within 2 months, my kidney function dropped 4 points. After stopping for just over a month, it rose back up 5 points. I’m so glad I had

 SteffiApril 3, 2016 at 4:41 pm [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95239#respond)

I have been taking Nexium for years 40mg once a day. If I forget a dose the next day my Gurd is back full force. My kidneys are being checked. I can’t live without this drug.

 CindyApril 4, 2016 at 11:14 pm [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95261#respond)

I’ve been taking Prilosec for many, many years…since before it became an over the counter drug. I stopped taking it over a year ago because of heart issues related to this medication. My doctor put me back on it about 6 months ago to heal esophageal ulcers. I didn’t know about kidney related problems, and am now wondering if the adrenal tumor on my right kidney is related to extended use. Scary stuff.

 GayleApril 6, 2016 at 10:43 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95284#respond)

I, too, have been on one brand or the other of these drugs for many years. Stopping them abruptly causes extreme rebound effect. I plan to research how to wean off of the Omeprazole, and hopefully can control g.e.r.d. with diet.

 JoyceApril 7, 2016 at 12:39 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95301#respond)

II too have been on omeprazole 40 daily for at least 20 or more years. First put on it when I was diagnosed with a gastritis and GERD. I continued on it and when I tried to stop it I had what is now considered “rebound” GERD symptoms. Waking up at night with burning in my throat from regurgitated acid. So my family doctor continued me on it. Several times over the years I questioned him about continuing to take it for so long and he assured me that I needed it, particularly when I told him about those night time issues with regurgitated acid/food that burned my throat. Last October I saw my GI Dr. about an episode of ever diarrhea with dehydration that caused me to be hospitalized. He ordered a colonoscopy, which I had never had before. (I’m 76 years old.) I finally relented to having one done. But while I was there, I questioned him about taking the omeprazole all those years. The OTC directions tell you not to continue taking them more than 14 days without advice from your physician. There had to be some reason for that warning! Now I’ve been reading everywhere about how the long term use of this drug may be causing kidney disease. And guess what one of my many diagnoses is: Yep, Chronic Kidney disease. Now I am also wondering if I developed cardiomyopathy from this drug also.

 BooApril 7, 2016 at 6:11 pm [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95307#respond)

I’ve been taking Prilosec over 20 years. 1 morning and 1 at night. I also for the same time have been taking Saw Palmetto that is good for the prostate for that long and you can add Glucosamine, Chondroitin and MSM to that list for my knees. So far no Kidney problems. I turned 75 this January.

 connieApril 9, 2016 at 12:01 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95322#respond)

They tell you of the harm it can do but no one can suggest what to take as an alternative. So what does one do when they have to take something?

 DebApril 9, 2016 at 10:44 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95327#respond)

I’m not sure how we live without these drugs. I have taken various PPIs for years. If I stop, my esophagus, stomach, and small intestine become terribly inflamed. After all these years of use, it is frightening to read about these new findings…including dementia.

 DebraApril 11, 2016 at 11:51 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95349#respond)

Been taking prevacid For years for acid reflux now have problems with kidneys and gallbladder also many bone fractures

 IrmaApril 11, 2016 at 5:04 pm [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95351#respond)

I have been using these products for about 30 years and so far, so good. Then again, I had no insurance for many years and when I was working 2-3 jobs and going to school, I had no tome to go to doctors. I now have Medicaid, and many tests and procedures are not covered. So, I guess only time will tell!

 SheilaApril 14, 2016 at 8:04 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95383#respond)

For more than 20 years I’ve been using one form are another for GERD Acid Reflux and Ulcers I have been diagnosed with Stage 3 Kidney Disease what do you do when you need the medication .

 EllaApril 15, 2016 at 1:04 am [**Reply**](http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/?replytocom=95410#respond)

I have been using these products for at least 4 years, Just recently heard of the side effects. Did discuss with my doctor. He did not take me off. Just said they have been studying the side effect. I still suffer with Acid Reflux to some degree, At times I will take Alka Seltzer and another product DGL Ultra, Which the doctor said was a temporary fix. We need some straight answers from the doctor.

- See more at: <http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/#sthash.BaL1Vmxd.dpuf>

http://www.aboutlawsuits.com/kidney-risks-nexium-prilosec-ppi-95811/