

Mistakes in the use of PPIs and how to avoid them

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Mistakes In Articles

Digestive Oncology

Oesophagus

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This article addresses nine common mistakes in proton pump inhibitor use and aims to clarify misconceptions about their prescription and safety.

KEY POINTS

- Proton pump inhibitors, first introduced with omeprazole in 1988, revolutionized treatment of gastric acid-related conditions including gastro-oesophageal reflux disease, gastroduodenal ulcers, and *Helicobacter pylori* infections.
- PPIs are often prescribed for conditions without a proven link to gastric acid, such as dyspepsia and upper abdominal discomfort.
- Long-term PPI use has raised safety concerns including risks of vitamin and mineral malabsorption, pneumonia, gastrointestinal infections, and dementia.
- Clinicians prescribing or reviewing PPI therapy would benefit from this material addressing common mistakes and misconceptions.

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