

TRANSCRIPT

THE DANGERS OF ACID-BLOCKING DRUGS

Hello everyone I'm Dr. David Perlmutter. You know these acid blocking drugs that we see advertised in magazines and on the evening news really trying to convince us that we need to block stomach acid for whatever reason are actually not without consequence. Turns out that these acid blocking drugs have a significant effect on the gut bacteria and as such are associated with increased risk for a variety of issues.

Let's take a look.

Now this first study comes from Stanford University. It's called proton pump inhibitor usage and the risk of myocardial infarction in the general population. This was published in The Journal PLOS ONE. And this was actually a very, very large study. They looked at the medical records of close to three million individuals and they looked at who took these drugs and what was their risk of having basically a heart attack and what they found was risk for myocardial infarction was increased by 16 percent and actually dying from a heart attack. The risk of that event was doubled in those individuals taking the proton pump inhibitors. That's important information.

But what about the brain?

Well here is another study that was recently published this one published by The Journal of the American Medical Association their specialty neurology journal. In February of 2016. And this study looked at over 70000 individuals aged seventy 75 years or older. And at the beginning of this study these were people who were not demented they were cognitively intact and it followed these individuals for about five and a half years. And what they found was really remarkable and that is that the risk of developing dementia in people who regularly take these over-the-counter as well as prescription acid blocking drugs called PPIs the risk of dementia was increased by 44 percent. And again that is a situation for which there is no treatment. And here we see a drug that is associated with a significant risk for that event.

The conclusion the authors stated thus the avoidance of PPI medication may contribute to their prevention of dementia. That's a very powerful statement indeed.

So what we learned today is that there are some significant risk factors associated with taking these very common over-the-counter as well as prescription acid blocking drugs that are called proton pump inhibitors. And the science seems to line up in the terms of a mechanism relating to the changes that these drugs induce in terms of the PH or acidity of the gastrointestinal system and the effects that that change has then on the bacteria that live within us the bacteria living within us control things like immunity and inflammation.

We saw in the report an increased risk of coronary artery related events in other words my heart infarction or heart attack and also a dramatic increased risk of another inflammatory issue that is called dementia. Yes, an inflammatory disorder. Again possibly if not probably related to changes in the gut bacteria. So I bring you this information again to drive home the message that your gut bacteria and caring for them is really very, very important. And again to give a couple of thoughts the next time you think you want to take any medication. And in this case the proton pump inhibiting acid blocking drugs. Thanks for joining us. I'm Dr. David Perlmutter.

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