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Functional Medicine

TWEET GM #26

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Title

Created

PPIs: GREAT SHORT-TERM BUT DEADLY LONG-TERM

We have just posted QUOTE GM #26 today, which you will hopefully read. Once again, we discover a worrying study about proton-pump inhibitors side-effects. This time, connection has been made with greater incidence of pneumonia in second year of PPIs use. *Science Daily* has immediately communicated on this University of Exeter research only 4 days after its publication on 20th April 2018 in *Journal of the American Geriatrics Society*.

I share their comments about the reason behind launching the study by the University of Exeter: *"The association between PPI use and pneumonia was studied because stomach acid is a barrier to infections spreading from the gut in people with stomach reflux. Since pneumonia is a major cause of death in this country for older adults, it is important for healthcare providers to understand the links between PPIs and pneumonia."*

I dare repeating what I have already written many times: any long-term suppression of such a fundamental component of our digestive system is necessarily going to bring problems. Loads of problems: altered protein digestion, altered nutrient absorption, altered barrier against infections...

I always compare on-going intake of PPIs for relieving chronic heartburn to beheading someone who suffers from headaches. You remove the acid that is not the culprit for heartburn! Of course, stomach/duodenal ulcers will heal quickly, within a month or two, which exactly correspond to how long PPIs indication exists, but such drugs cannot be prescribed for years!

We need understanding what triggers heartburn and address the cause. We should not suppress something as fundamental as our stomach acid!