

C1

**Proton Pump Inhibition
in the Self-Management
of Heartburn**

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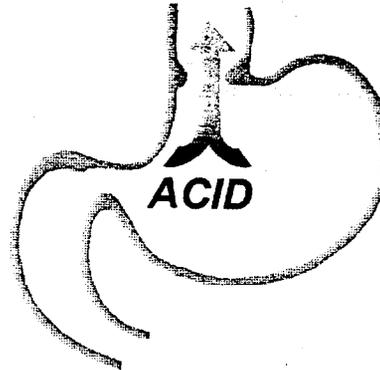
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Esophagologist

“An individual who makes a living out of
heartburn while most people have
heartburn from making a living”

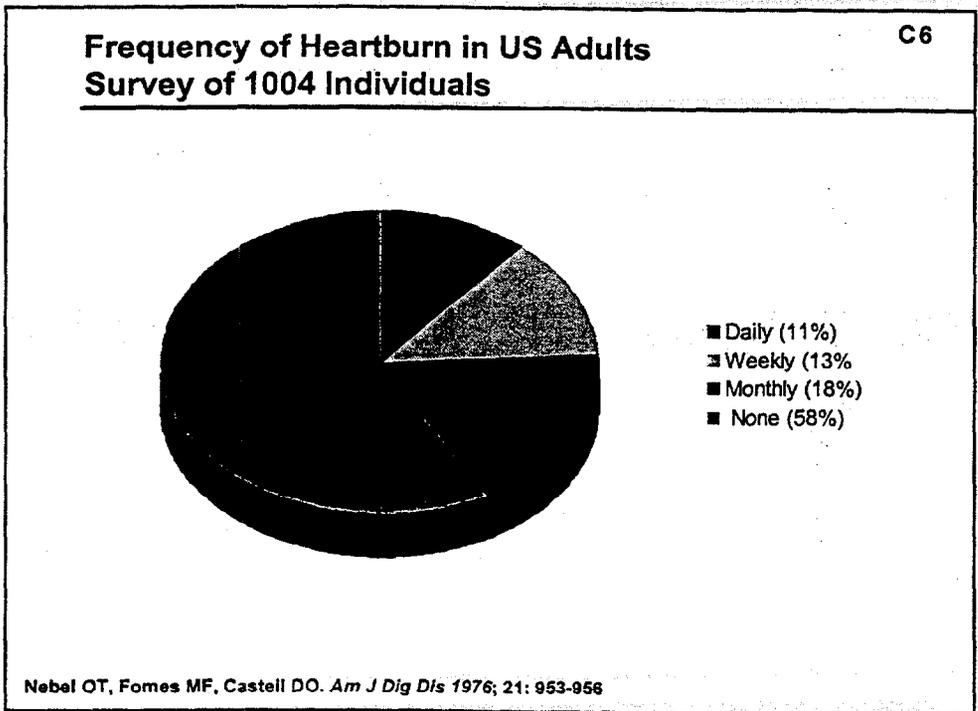
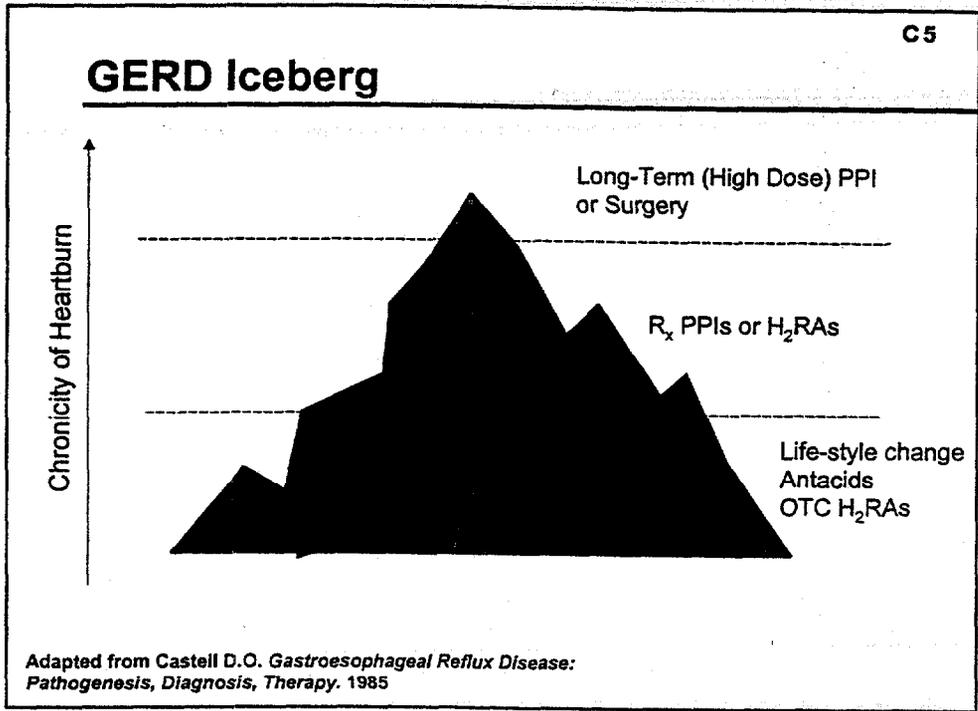
Gastroesophageal Reflux Disease

Symptoms produced by the reflux of gastric contents, with or without the presence of esophageal mucosal damage



OTC PPI Therapy for Gastroesophageal Reflux Discussion Points

- ◆ When is heartburn not GERD?
- ◆ What is the prevalence of heartburn?
- ◆ Which patients are candidates for OTC PPI therapy?
- ◆ Is long-term PPI use safe?
- ◆ Would OTC PPI use mask important disease?



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Endoscopic Spectrum of GERD

Heartburn is the common symptom

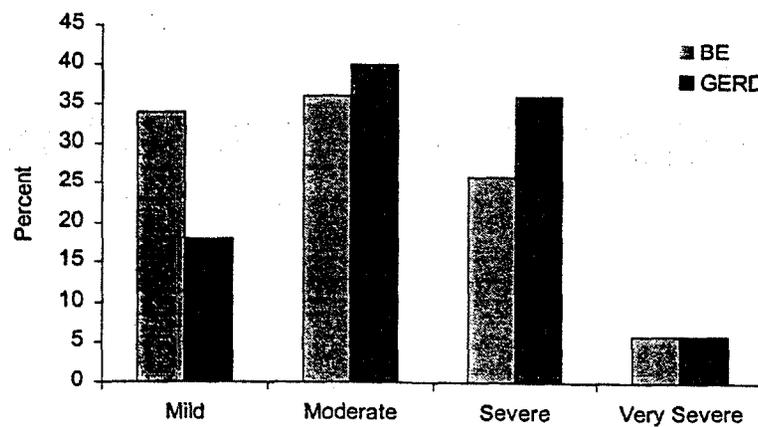


- No Esophagitis ~ 50%
- Erosive Esophagitis ~40%
- Epithelial Metaplasia (Barrett's) ~10%
- Epithelial Dysplasia or Cancer ~ 0.5%/patient-year

After: Winters CJ et al. *Gastroenterology* 1987; 92:118-124.
Shaheen NJ et al. *Gastroenterology* 2000; 119:333-338

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Severity of Reflux Symptoms



Eloubeldi M and Provenzale D. *Am J Gastroenterol* 2000; 95: 1881-7

Heartburn and GERD

- ◆ Heartburn is the typical symptom of GERD
- ◆ Symptoms poorly correlated with tissue damage
- ◆ GERD usually recurs after effective treatment

After: Castell D and Klinkenberg-Knol E: *The Esophagus* (3rd Edition) 1999
Hetzel DJ, et.al. *Gastroenterology* 1988; 95: 903
Richter JE. *Hosp Pract* 1992; 27: 59
Spechler SJ. *Digestion* 1992; 51(suppl 1): 24

Long-Term Risk of PPI Therapy

- ◆ “The substantial data that now exist from long-term treatment of humans with proton pump inhibitors has not thus far revealed any definitive risks.”
- ◆ “The risk of death from anti-reflux surgery, although small, would seem to far exceed any possible risks associated with long-term proton pump inhibitor use.”

Yeomans ND and Dent J. *Aliment Pharmacol Ther* 2000; 14:267-71

Safety of Long-Term Omeprazole Treatment

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- ◆ Continuous prescriptions for up to 11 years
- ◆ Yearly endoscopy for histologic changes in gastric corpus
- ◆ After 1500 patient-years of follow-up, no serious adverse events were found

Klinkenberg-Knol, et al. Gastroenterology 2000; 118: 795-8

OTC Omeprazole Therapy for Heartburn: Conclusions

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- ◆ Heartburn is the symptom throughout GERD spectrum
- ◆ Heartburn prevalence ~ 42%
(Daily 11%, Weekly 13%, Monthly 18%)
- ◆ Candidates for OTC Omeprazole:
 - Prevention of predictable heartburn
 - Management of heartburn