ACID REFLUX DISEASE

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In the United States, approximately 20% of the population has acid reflux disease\(^1\)

Anyone can develop acid reflux disease

Acid reflux disease does not discriminate – it occurs across every age group and ethnicity

WHAT IS ACID REFLUX DISEASE?²,³

Acid Reflux Disease = Gastroesophageal Reflux Disease (GERD)

- Occurs when the stomach acid, and sometimes contents, flows back into your food pipe (esophagus)
- This backwash (reflux) touches and irritates the lining of your esophagus, causing heartburn

WHEN DOES ACID REFLUX BECOME AN ISSUE?²,³

- Symptoms occur at least twice a week
- Interference with your daily life
- Esophageal damage

Source: http://www.health.com/health/gallery/0,,20443643,00.html
WHAT CAUSES ACID REFLUX DISEASE?\textsuperscript{1,4}

Normal Digestion

Lower esophageal sphincter (LES) opens to allow food to pass into your stomach from the esophagus and closes to prevent food and stomach acid from flowing back into the esophagus.

Video Link:  
https://www.youtube.com/watch?v=TdK0jRFpWPQ

Source:  
http://www.medicalnewstoday.com/articles/315590.php
WHAT CAUSES ACID REFLUX DISEASE?\textsuperscript{1,4}

**GERD**

Occurs when the LES is weak or relaxes inappropriately, allowing stomach acid and contents to flow up into the esophagus.
CAUSES OF ACID REFLUX DISEASE: HIATAL HERNIA⁴

WHAT CONDITIONS INCREASE RISK FOR GERD?²

Overweight or obesity

Pregnancy

Smoking or exposure to secondhand smoke

Dry mouth

Asthma

Diabetes

Delayed stomach emptying

Connective tissue disorders
### What Are the Symptoms of GERD?²,³

**Heartburn**

- Sour taste in the back of your mouth
- Difficulty or painful swallowing
- Bad breath
- Hoarseness or sore throat
- Dry cough

- Worsening of respiratory issues (ex. asthma)
- Sensation of lump in your throat
- Wearing away of your teeth
- Nausea and/or vomiting
WHEN SHOULD YOU SEE YOUR DOCTOR?³

- Persistent symptoms that do not get better with over-the-counter medications or change in diet

- Call the doctor right away if:
  - Vomit large amounts
  - Have regular projectile vomiting
  - Vomit fluid that is
    - Green or yellow
    - Looks like coffee grounds
    - Contains blood
  - Have breathing problems after vomiting
  - Have mouth or throat pain when eating
  - Have problems swallowing or painful swallowing

Source: http://qualityfirsturgentcare.com
HOW IS GERD DIAGNOSED?³

- Review of your symptoms & medical history

- Testing:
  - Upper GI series
  - Upper GI endoscopy
  - Esophageal pH and impedance monitoring
  - Bravo wireless esophageal pH monitoring
COMPLICATIONS ASSOCIATED WITH GERD

- Esophagitis
- Esophageal Stricture
- Esophageal Ulcer
- Barrett’s Esophagus
TREATMENT OPTIONS FOR ACID REFLUX DISEASE

# Antacids

## How it Works
Neutralizes acid in the stomach.

## Role in Treatment
Often first recommended to relieve heartburn and other mild GERD symptoms. Generally used for quick relief of acid reflux.

Available over-the-counter.

## Examples
- **Alka-Seltzer** (sodium bicarbonate)
- **Tums, Maalox** (calcium carbonate)
- **Amphojel** (aluminum hydroxide)
- **Milk of Magnesia** (magnesium hydroxide)
- **Gaviscon, Mylanta** (aluminum-magnesium)
- **Rolaids** (calcium-magnesium)
ANTACIDS\textsuperscript{5,6}

- Take after meals

- Some antacids can bind to other medications making them less effective

- Overuse can cause side effects, like diarrhea or constipation

- Use caution if you have kidney problems

- Avoid sodium bicarbonate products if you have high blood pressure or on a sodium-restricted diet
# H-2 Receptor Blockers

<table>
<thead>
<tr>
<th>How it works</th>
<th>Role in Treatment</th>
<th>Examples</th>
</tr>
</thead>
</table>
| Reduces stomach acid production by blocking histamine receptors in the stomach | Recommended for sporadic uncomplicated heartburn occurring less than 2 to 3 times a week | Tagamet HB (cimetidine)  
Pepcid (famotidine)  
Arixd XR (nizatidine)  
Zantac (ranitidine) |
|   | Available both over-the-counter and by prescription |
H-2 RECEPTOR BLOCKERS

- Does not act as quickly as antacids, but provides longer relief

- May decrease acid production for up to 12 hours

- Taken twice daily, before or with meals
  - Pepcid can be administered after meals

- Tagamet can interact with other drugs resulting in higher levels

- Pepcid Complete® is available as a combo with antacids
# Proton Pump Inhibitors

PROTON PUMP INHIBITORS\(^{7,8}\)

<table>
<thead>
<tr>
<th>How it works</th>
<th>Role in Treatment</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Significantly reduces the amount of stomach acid produced by blocking the proton pumps that release acid into the stomach.</td>
<td>Recommended for more severe GERD symptoms.</td>
<td>Nexium (esomeprazole)</td>
</tr>
<tr>
<td></td>
<td>Available both over-the-counter and by prescription.</td>
<td>Protonix (pantoprazole)</td>
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<td>Prevacid (lansoprazole)</td>
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<td></td>
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<td>AcipHex (rabeprazole)</td>
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<tr>
<td></td>
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<td>Prilosec, Zegerid (omeprazole)</td>
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<td>Dexilant (dexlansoprazole)</td>
</tr>
</tbody>
</table>
PROTON PUMP INHIBITORS\textsuperscript{7,8}

- Typically taken once a day 30 to 60 minutes \textit{before} breakfast
- May reduce the amount of calcium and magnesium you absorb
- May interfere with the absorption and breakdown of certain drugs
- May reduce the absorption of vitamin B12 and iron
- Do not abruptly stop these medications
- \textit{Zegerid}® is available as a combo product with an antacid
CONTROVERSIES SURROUNDING USE OF PROTON PUMP INHIBITORS

- Bone fractures
- Serious infections
- Heart disease
- Dementia
- Kidney Disease

MEDICAL ALERT
Popular Heartburn Drugs
Prilosec
Nexium
Prevacid

KIDNEY PROBLEMS

CALL 800-557-2721
www.YourLawsuitHelp.com
LIFESTYLE MANAGEMENT FOR ACID REFLUX DISEASE
LIFESTYLE CHANGES\textsuperscript{2,3}

- Avoid food and drinks that trigger heartburn
- Eat smaller meals
- Maintain a healthy weight
- Don’t smoke
- Avoid wearing tight-fitting clothes
- Stay upright for 3 hours after meals
- Elevate the head of the bed if you experience nighttime symptoms
REFERENCES


