From Dr. Escudé...

Long Term Acid Suppression Effects

Many people with intellectual and developmental disabilities (IDD) are prescribed proton pump inhibitors (PPI) for long term use. While this may be necessary for some, it is important to note the potential effects of this therapy. Steps should be considered to minimize the use of long-term PPI treatment or the potential negative effects whenever possible. Some of the long-term effects include:

- Possible increased susceptibility to bacterial or parasitic infections including aspiration pneumonia due to a less acidic gastric environment
- Possible increase in clostridium difficile-related colitis in hospital settings
- Possible increase in bone fragility and hip fractures due to alteration in absorption of calcium
- Vitamin B12 deficiency

As with any treatment, the risks and benefits must be carefully considered. Consideration should be given to:

- Using the lowest effective dose or discontinuation of any drug with potentially harmful effects
- Monitoring bone density
- Adding supplemental calcium if indicated
- Adding B12 if indicated

Thanks for your careful attention to helping those we support live as healthy a life as possible.

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Dr. Escudé has dedicated his career to providing healthcare for people with IDD and other vulnerable populations and teaches on the subject throughout the country.