

An Integrative Approach to the Management of Reflux & Successful Deprescribing of PPIs

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We all love
some...
Data!



Impact on stomach acid⁽²⁾



* The proton pump enzyme $H^+/K^+ATPase$ which releases H^+ ions into the stomach to combine with chloride ions to form HCl

* Proton pump inhibitors gain access to the enzyme when fusion has taken place to irreversibly bind to the enzyme preventing the further release of H^+ ions

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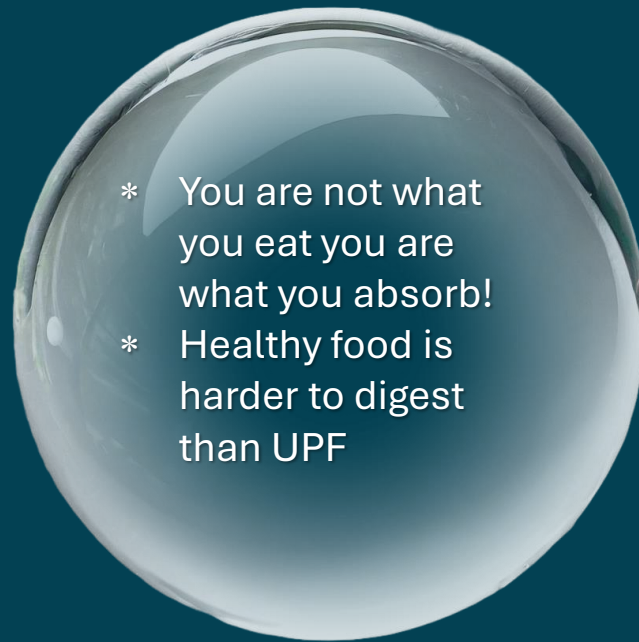


* Taking a morning and evening dose 30 minutes before meals results in 80% inhibition of HCl production

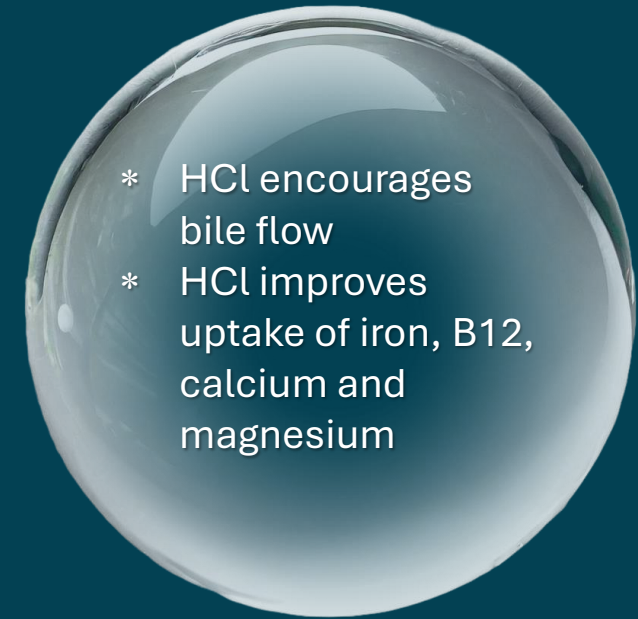
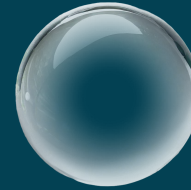
* In a 24 hour period 20% of pumps are destroyed and replaced



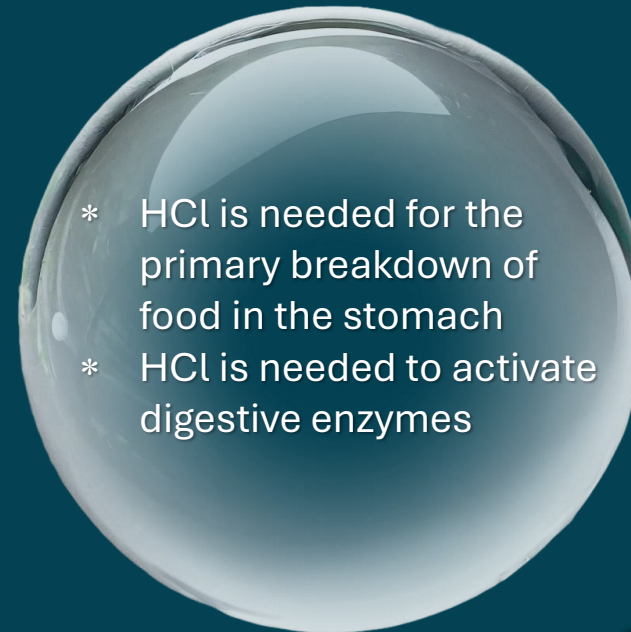
Impact on food absorption



- * You are not what you eat you are what you absorb!
- * Healthy food is harder to digest than UPF



- * HCl encourages bile flow
- * HCl improves uptake of iron, B12, calcium and magnesium



- * HCl is needed for the primary breakdown of food in the stomach
- * HCl is needed to activate digestive enzymes





Rebound acid hypersecretion

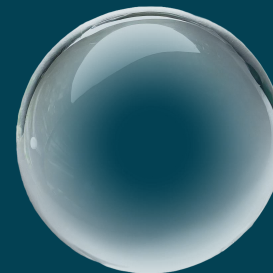
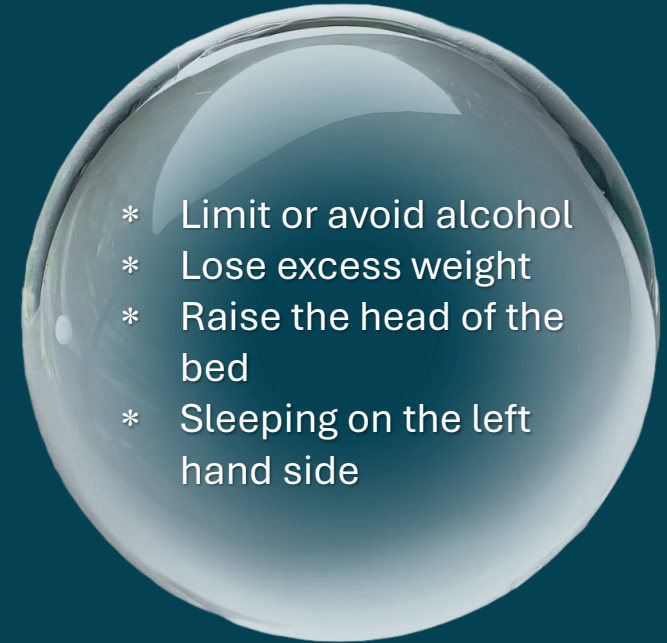
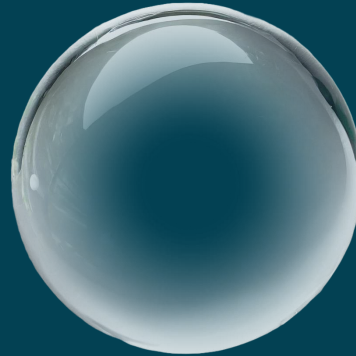
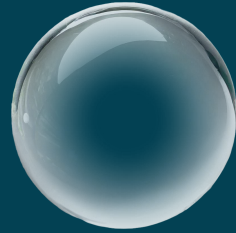


- * Rebound can occur in as little as 3 days
- * Increasing pH causes hypergastrinaemia
- * Gastrin levels increase 3 to 5 fold

- * When PPI is removed levels should reduce in 5-7 days but can be as long as 10 weeks.
- * ECL cell and histamine levels can take as long as 20 weeks
- * Patient awareness of this is key to deprescribing



Supporting reflux naturally Diet and lifestyle





Supporting reflux naturally
Restoring digestive function



- * Relax
- * Improve vagal tone
- * Eat in a calm environment
- * Sit at the table with good posture

- * Support the cephalic response
- * Chew your food
- * Maintain good levels of hydration



Key steps when deprescribing



- * Patient should be asymptomatic more than 90% of the time

- * Educate the patient about rebound
- * Only start the removal process when all lifestyle factors have been addressed

- * Support the mucosa from rebound acid hypersecretion

- * A gradual reduction in dose is recommended
- * At the final phase alternate day dosing can improve success





Questions?

Integrative
& Personalised
Medicine 25

