Adverse cardiovascular effects associated with proton pump inhibitors

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The study described here provides no definitive answer to the question whether PPIs do indeed cause an elevated cardiac risk.

The study shows that there is an increased risk of stroke and myocardial infarction when PPIs are used for more than 84 days, within six months after endoscopy.

The study also found a dosage-related effect, with only the use of medium and high dosages being associated with elevated risks of stroke and myocardial infarction.

It makes sense to be reticent about prescribing PPIs in high doses for over three months, in view of the elevated risks of stroke and myocardial infarction.

Such an association with elevated risk has not been found for H$_2$ antagonists, so if long-term treatment is required, H$_2$ antagonists could be preferable.

If future research finds the elevated risk to be real, much damage could be prevented by a restrictive prescribing policy.

This research once more underlines the importance of a periodic re-evaluation of chronic medication, in this case of PPIs.

Literature references


The literature refers to the Dutch text