

Limit use of ppis, h2r antagonists in elderly: Proposal of a physiological approach

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Elderly population usually has gastro esophageal reflux disease (GERD) and other acid related disorders, due to age, concurrent use of other medications. Food and Drug Administration issued warnings regarding long term use of PPI (proton pump inhibitor): fracture risk, hypomagnesemia, clostridium difficile associated diarrhea, Vitamin B12 deficiency, acute interstitial nephritis and systemic lupus erythematosus events and several potential drug interactions. American Geriatrics Society 2015 updated Beer's criteria for potentially inappropriate medications use in older adults recommends use of PPI for not more than 8 weeks unless for high risk patients. It also recommends avoiding Histamine-2 receptor antagonists (H2RA) in patients with delirium, dementia or cognitive impairment. Theoretical scope of approach: A simple physiological intervention like mild exercise would enhance a "healthy" vagal tone for gastrointestinal disorders including GERD. In contrast to the common mass discharge response of the sympathetic system, control systems of the para sympathetic system are much more likely to be highly specific. In other words, parasympathetic system usually causes specific localized responses. Usually, parasympathetic cardiovascular reflexes act only on the heart. Similarly, other parasympathetic reflexes causes secretion mainly in the mouth glands, where as in other instances secretion is mainly by the stomach glands. Finally, a urinary bladder emptying reflex, need not necessarily initiate a rectal emptying reflex. But it also important to consider that there is an association between closely allied parasympathetic functions.

Biography

Jose John Thekkedam received his graduation from J.S.S University, Mysore, India. He did his post-graduation from Dr MGR Medical University, Tamil Nadu, India. Later he worked as a lecturer in various pharmacy colleges in India. In 2010, he immigrated to U.S.A and in 2015 became a Registered Pharmacist with the state of Florida (U.S.A). Currently, he is working as a Community Pharmacist.

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