

**Mayo Clinic Minute**

**PPI Risks and Benefits**

Video	Audio
	For millions of people, proton pump inhibitors are the fix for bouts with heartburn.
	But, there can be side effects, including, as recent studies have noted, possible links to chronic kidney disease and dementia.
<b>Title:</b> <b>KEN DEVAULT, M.D.</b> <b>GASTROENTEROLOGY</b> <b>Mayo Clinic</b>	A large number of Americans are taking proton pump inhibitors. It's probably 10 percent or more. A significant portion of those might be able to be managed with a less aggressive treatment.
<b>Title:</b> <b>JEFF OLSEN</b> <b>MAYO CLINIC MINUTE</b> <b>Mayo Clinic News Network</b>	Mayo Clinic gastroenterologist Dr. Ken DeVault says the question, "Do I really need a proton pump inhibitor?" is best answered during a discussion with your health care provider.
	What I won't do is take it away from a patient who really needs it.
	But, Dr. DeVault says, he will ask important questions, like: Could you relieve symptoms with a lower dose of your current drug? Could you use a different, less powerful drug? Or could you change something in your diet to eliminate the need for a heartburn drug?
	Some patients can take control of their disease themselves and control it through lifestyle changes.
	For others, the proton pump inhibitor will continue to be the best way to beat the burn.
<b>Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a></b>	For the Mayo Clinic News Network, I'm Jeff Olsen