

## Mayo Clinic Minute

### 2 questions for people who use heartburn medication

VIDEO	AUDIO
	If you use a proton pump inhibitor medication to treat your heartburn, you might be concerned about studies warning of side effects – including the risk for kidney damage.
Ken DeVault, M.D.	“I think the risk of a patient on a proton pump inhibitor developing kidney failure is very, very rare – maybe less than one out of 1,000. But it’s still worth talking to your physician.”
<b>Graphic:</b> <b>Have I been diagnosed with a serious esophageal disease?</b>	Mayo Clinic gastroenterologist Dr. Ken DeVault says people using a proton pump inhibitor should ask two important questions. First, have I been diagnosed with a serious esophageal disease?
<b>Title:</b> <b>Ken DeVault, M.D.</b> <b>Gastroenterology</b> <b>Mayo Clinic</b>	“If, in the past, you’ve been told you have esophagitis, which is irritation of the lining or Barrett’s esophagus, you might do yourself harm by stopping it.”
<b>Graphic:</b> <b>Can I find a different way to control my heartburn symptoms?</b>	Question 2: If I stop taking a proton pump inhibitor, can I find a different way to control my heartburn?
Ken DeVault, M.D.	“A certain proportion of folks can control it with diet and lifestyle maneuvers.”
<b>Graphic:</b> <b>Avoid:</b> <b>Smoking</b> <b>Caffeine</b> <b>Fatty foods</b> <b>Chocolate</b>	Avoiding heartburn triggers like smoking, caffeine, fatty foods and chocolate may help you beat the burn.
<b>Avoid:</b> <b>Eating too much</b> <b>Meals close to bedtime</b>	Also, don’t eat too much, too fast. And avoid meals right before bedtime.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I’m Jeff Olsen.