## Mayo Clinic Minute

### 2 questions for people who use heartburn medication

<table>
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<th>VIDEO</th>
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<tr>
<td>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.</td>
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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.”

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**Graphic:**

**Have I been diagnosed with a serious esophageal disease?**

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?

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**Title:**

Ken DeVault, M.D.

Gastroenterology

Mayo Clinic

“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.”

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**Graphic:**

**Can I find a different way to control my heartburn symptoms?**

Question 2: If I stop taking a proton pump inhibitor, can I find a different way to control my heartburn?

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Ken DeVault, M.D. |

“A certain proportion of folks can control it with diet and lifestyle maneuvers.”

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**Graphic:**

**Avoid:**

- Smoking
- Caffeine
- Fatty foods
- Chocolate

Avoiding heartburn triggers like smoking, caffeine, fatty foods and chocolate may help you beat the burn.

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**Avoid:**

- Eating too much
- Meals close to bedtime

Also, don’t eat too much, too fast. And avoid meals right before bedtime.

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**Graphic:**

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For the Mayo Clinic News Network, I’m Jeff Olsen.