

CONSEQUENCES OF LONG-TERM USE OF PROTON PUMP INHIBITORS (PPIs)

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ABSTRACT

Proton pump inhibitors are among the most effective drugs for pharmacological inhibition of gastric acid secretion. The aim of this review is to assess the main consequences of long-term use of PPIs, considering the risks to different body systems. A narrative literature review was conducted in the MEDLINE (VHL Platform), PubMed, and Cumulative Index to Nursing and Allied Health Literature (CINAHL) databases. We included full articles, published in the last five years in English, Portuguese or Spanish, that addressed the long-term effects of PPIs. The findings indicate that the prolonged use of proton pump inhibitors may be associated with consequences such as increased risk of fractures, calcinosis, mineral deficiencies (magnesium and iron), infections, kidney diseases, cancer, asthma, gastric polyps, and neurological problems. Despite the effectiveness of PPIs in the treatment of gastrointestinal diseases, their prolonged use requires an individualized evaluation of the risks and benefits, to minimize the potential consequences. It is concluded that the use of PPIs, although effective for controlling gastric secretion, can have significant long-term consequences. Thus, more research is needed to understand the mechanisms of the observed consequences and develop strategies to optimize the use of PPIs and reduce their long-term risks.

Keywords: Proton Pump Inhibitors, Long-term Effects, Risk Factors, Adverse Effects.

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