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Association Between Proton Pump Inhibitor Use & Dementia: A Two-Fold Approach

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**Literature Review**

- **Methodology:** The reviewers conducted a comprehensive literature search to identify relevant studies. They included systematic reviews, meta-analyses, and observational studies to provide a broad perspective on the topic.

- **Findings:** The review identified several studies that have investigated the relationship between proton pump inhibitor use and dementia risk.

- **Key points:**
  - A study by Jung et al. (2015) reported a statistically significant association between proton pump inhibitor use and an increased risk of dementia.
  - Another study by Gomm et al. (2016) found an association between proton pump inhibitor use and vitamin B12 deficiency.
  - Lam et al. (2013) noted that the use of proton pump inhibitors for two or more years is associated with normal serum vitamin B12 levels.

- **Conclusion:** The literature review suggested a possible association between proton pump inhibitor use and dementia risk, particularly with respect to vitamin B12 deficiency.

**References**

- Jung et al. (2015) 
- Gomm et al. (2016) 
- Lam et al. (2013)

**Applicability to Clinical Practice**

- **Clinical relevance:** The findings suggest that clinicians should be aware of the potential risks associated with proton pump inhibitor use and consider monitoring serum vitamin B12 levels in patients taking these medications.

- **Recommendations:** Clinicians should consider the use of proton pump inhibitors on a case-by-case basis, taking into account the patient’s overall health and the need for the medication.

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