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Functional Medicine

**QUOTE GM #26**

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Title

Created

## **ADDITIONAL CONCERNS ABOUT PROTON-PUMP INHIBITORS/PPIs**

**Journal of the  
American Geriatrics Society**



Clinical Investigation | Open Access

### **Proton-Pump Inhibitors and Long-Term Risk of Community-Acquired Pneumonia in Older Adults**

Jan Zirk-Sadowski PhD, Jane A. Masoli MBChB, Joao Delgado PhD, Willie Hamilton MD, W. David Strain MD, William Henley PhD, David Melzer MBBCh PhD , Alessandro Ble MD

First published: 20 April 2018 | <https://doi.org/10.1111/jgs.15385>

**“Results:** During the second year after initiating treatment, PPIs were associated with greater hazard of incident pneumonia (**adjusted hazard ratio = 1.82**, 95% confidence interval=1.27–2.54), accounting for pretreatment pneumonia rates. Estimates were similar across age and comorbidity subgroups.”

**“Conclusion:** In a large cohort of older adults in primary care, **PPI prescription was associated with greater risk of pneumonia in the second year of treatment.** Results were robust across alternative analysis approaches. Controversies about the validity of reported short-term harms of PPIs should not divert attention from potential long-term effects of PPI prescriptions on older adults.”