## Mayo Clinic Minute
### Heartburn Treatment Options

<table>
<thead>
<tr>
<th>Video</th>
<th>Audio</th>
</tr>
</thead>
<tbody>
<tr>
<td>For millions of people, proton pump inhibitors are the fix for bouts with heartburn.</td>
<td>But, there can be side effects, including, as one recent study noted, a possible link between the drugs and chronic kidney disease.</td>
</tr>
</tbody>
</table>

**Title:**
KEN DEVAULT, M.D.
GASTROENTEROLOGY
Mayo Clinic

**Title:**
JEFF OLSEN
MAYO CLINIC NEWS NETWORK
Mayo Clinic

A large number of Americans are taking proton pump inhibitors. It’s probably 10 percent or more. A significant portion of those might be able to be managed with a less aggressive treatment.

Mayo Clinic Dr. Ken DeVault says the question, “do I really need a proton pump inhibitor,” is best answered during a discussion with your doctor.

What I won’t do is take it away from a patient who really needs it.

But, Dr. DeVault says, he will ask important questions, like: could you relieve symptoms with a lower dose of your current drug; could you use a different, less-powerful drug; or could you change something in your diet to eliminate the need for a heartburn drug?

Some patients can take control of their disease themselves and control it through lifestyle changes.
<table>
<thead>
<tr>
<th>Graphic</th>
<th>For the Mayo Clinic News Network, I’m Jeff Olsen.</th>
</tr>
</thead>
<tbody>
<tr>
<td>For others, the proton pump inhibitor will continue to be the best way to beat the burn.</td>
<td></td>
</tr>
</tbody>
</table>