

PPIs Heighten Risk of *C. difficile* Diarrhea

VITALS

Major Finding: Use of proton pump inhibitors increased patient risk for diarrhea due to *Clostridium difficile* infection by 80%.

Data Source: A meta-analysis of 21 studies from 1990 to 2010 including 133,054 adults on PPIs.

Disclosures: Dr. Janarthanan reported having no financial conflicts of interest.

BY HEIDI SPLETE

FROM THE ANNUAL MEETING OF
THE AMERICAN COLLEGE OF
GASTROENTEROLOGY

SAN ANTONIO – Proton pump inhibitor use was associated with an 80% increase in the risk of *Clostridium difficile*-associated diarrhea, based on data from a meta-analysis of 21 studies.

Proton pump inhibitors (PPIs) are gen-

erally considered safe, resulting in some degree of indiscriminate use, said Dr. Sailajah Janarthanan of Wayne State University in Detroit. PPIs have faced scrutiny for a possible association with *C. difficile*-associated diarrhea (CDAD), but results from previous studies have yielded mixed results, she said.

“Given the millions of individuals on PPIs, even a slight increase in the risk of CDAD conferred by these drugs will

have major public health implications,” she emphasized.

Dr. Janarthanan and her colleagues looked at data from 21 peer-reviewed published studies (7 cohort, 14 case control) that included 133,054 individuals.

Overall, there was a significant increase in the risk of CDAD in patients taking PPIs (risk estimate, 1.80). The risk estimate was 1.55 in the case-control studies and 2.07 in the cohort studies. ■

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