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Effect of long term PPI administration on gastric mucosal atrophy: A meta-analysis

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Background: Proton pump inhibitors (PPIs) are widely used for the treatment of acid-related gastrointestinal diseases. Recently, some studies have reported that PPIs can alter the gastric mucosal architecture, but the relationship remains controversial. This meta-analysis study was designed to quantify the association between long-term PPI administration and gastric atrophy.

Methods: A computerized search of PubMed was conducted to identify studies using the keywords (proton pump inhibitors OR PPI) and (gastric atrophy OR atrophic gastritis), published up to May 2016. Heterogeneity among studies was tested with the Q test, odds ratios (OR) and 95% confidence intervals (CI) were calculated. P values were calculated by I^2 tests and regarded as statistically significant when <0.05 .

Result: We identified 13 studies which included 1465 patients under long-term PPI therapy and 1603 controls, with a total gastric atrophy (GA) rate of 14.50%. There was a statistically significantly higher presence of GA (15.84%) in PPI group compared to the control group (13.29%), (OR: 1.55, 95% CI: 1.00–2.41).

Conclusions: The pooled data suggest that long-term PPI use is associated with increased rates of gastric atrophy. Large-scale multicenter studies should be conducted to further investigate the relationship between acid suppressants and precancerous disease.

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