

# MEDIA RELEASE

**DATE: 8<sup>th</sup> March 2018**

## **PAGB response to PPIs and link to depression**

John Smith, PAGB Chief Executive, comments: “We welcome any new research\* on over-the-counter (OTC) medicines. However, although the authors of this study conclude that the potential interaction between Proton Pump Inhibitors (PPIs) and depression may be a risk arising from the inappropriate use of PPIs, further research is needed before a clear link to depression can be properly established. The researchers moreover make it clear in their conclusions that healthcare professionals should continue to use and recommend PPIs where appropriate.

“The study also highlighted that individuals with major depression had a greater prevalence of cumulative daily dose of PPIs than those without. PPIs available OTC are only intended to be used for a short-term period and are not recommended for continuous use.

“If used in accordance with the clear on-pack instructions and the patient information leaflet inside, then PPIs available OTC are an appropriately safe way to manage the painful symptoms of heartburn and indigestion. They provide relief to millions of people around the world and allow them to get on with their life.

“We would advise people to consult a pharmacist if their symptoms don’t improve after 14 days or if they have any concerns about their medicine. Pharmacists are highly trained healthcare professionals and can provide information and advice on over-the-counter medicines.”

*\*A study carried out by researchers from Taipei Veterans General Hospital has suggested that the inappropriate use of Proton Pump Inhibitors (PPIs) could cause depression.*

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### **Notes to editors:**

PAGB (Proprietary Association of Great Britain) is the UK trade association representing manufacturers of branded over-the-counter medicines, self care medical devices and food supplements.

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