



The Consumer Healthcare Association

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PAGB responds to research on PPIs and Type 2 diabetes

A study published online in the journal Gut reports a link between long-term use of proton pump inhibitors (PPIs) to treat acid reflux and a heightened risk of developing Type 2 diabetes.

Michelle Riddalls, chief executive of PAGB, the consumer healthcare association, said: “The conclusions of this study relate to the long-term, regular use of PPIs, which would be prescribed and taken under the supervision of a doctor.

“PPIs bought over-the-counter are intended for the short-term relief of acid reflux over a limited period, not for regular, long-term use.

“Furthermore, it’s important to note that this is an observational study which does not establish any cause for the findings and the authors themselves call for more research in this area.

“As with any medicine, people taking over-the-counter PPIs should always read the label and follow the instructions. A pharmacist can offer expert advice to anyone who is concerned or would like additional support.”

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Notes to editors:

PAGB, the consumer healthcare association, represents the manufacturers of branded OTC medicines, self care medical devices and food supplements in the UK.

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