

An unexpected side effect of long term Proton Pump Inhibitors use

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Background

Hypomagnesaemia is a side effect of long term Proton Pump Inhibitors (PPIs) use. It can cause arrhythmias, tetany, seizure, and it can be a life-threatening condition.

Case History

We describe the case of a 77-year-old man with history of remote stroke, chronic ischemic heart disease, and hypertension, pulmonary embolism, presented at the emergency department with generalized tonic clonic seizures (TCZ). Brain CT and Brain MRI were negative for acute lesions and laboratory tests showed moderate hypokalemia and severe hypomagnesaemia. After excluding other causes for hypomagnesaemia, long term PPIs use was considered a plausible cause of a gastrointestinal malabsorption. The patient underwent a gastroscopy which showed a hyperplasic micropolypoid-like mucosa, indicative of chronic gastropathy. Therefore, substitutive therapy was initiated

to restore blood levels of magnesium and potassium, and PPIs were discontinued. Subsequently, patient was discharged at home without any significant neurologic deficits.

Conclusion

The long term PPIs use can play a role in determining severe hypomagnesaemia and so physicians should consider the rare but serious side effect of PPIs and review the indication to long term PPIs use to prevent potential hypomagnesaemia which could cause a life-threatening condition.

References

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