

TITLE 1: “Ask the Doctor”

TITLE 2:

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KEYWORDS:

- Pharmaceutical treatment

ABSTRACT OVERVIEW: One reader asks about a connection between reflux medications and RLS.

COPY OF ARTICLE:

Q. I am wondering if there is any significant information on a link between Nexium and similar meds for reflux and RLS. I have been taking Nexium, Ranitidine, and/ or Prilosec for a few years now, in what is considered a pretty high dose. I am going only on a hunch right now, but I seem to have developed an off-and-on, mild form of RLS over the last year or so, as well as what might be described as mild arthritis (though this is not specific, or documented). This past winter, I had one incident when I took an antihistamine and temporarily had BAD RLS — some months later, I heard a report on the radio that some reflux medications work as histamine blockers, if I remember correctly.

I was surfing the net for info tonight, and came up with some anecdotal reports on side effects of Nexium and Prilosec such as leg pain and muscle spasms. I also read an article that suggested that reflux and indigestion are rampant not because of too much stomach acid, but because of the processing and preserving of so many foods these days, which involves removal of natural digestive enzymes that are beneficial. Please point me to any information on a link between anti reflux meds and RLS.

A. I don't believe there is any data one can quote on this. I would recommend that if she doesn't absolutely need the reflux meds she speak with her physician to see if she can stop for a while to see whether RLS symptoms resolve. That is the only way of knowing.

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