

Vantage Voice

Problems to Watch Out For With Proton Pump Inhibitors

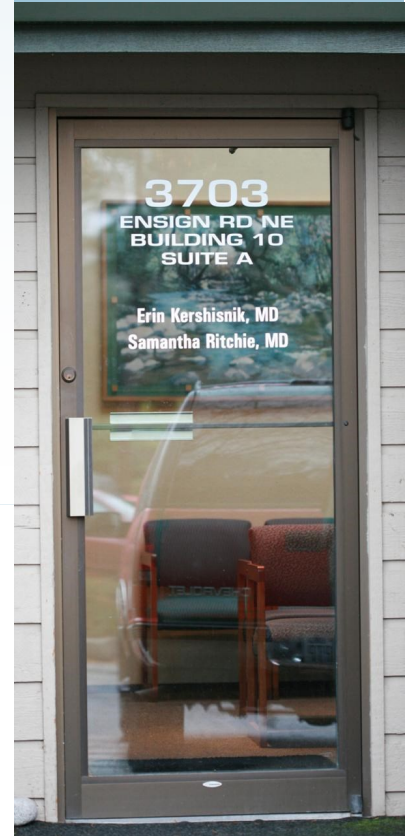
Samantha Ritchie, M.D.

PPIs, like omeprazole (Prilosec) or pantoprazole (Protonix) are great drugs for stopping acid in the stomach, and are the best medicines we have for gastritis or heart-burn (also known as GERD or reflux.) They are also used for gastric or duodenal ulcers, esophagitis, and part of the treatment for H. Pylori. However, if a person is on them long term, they can cause several problems, including the following:

1. PPIs increase your risk for infections like pneumonia and clostridium difficile. This happens because PPIs decrease acid in your GI tract. That acid usually kills some of the bacteria that can cause these problems.
2. PPIs can decrease your ability to absorb calcium, magnesium, iron and B12. If you become low on these substances, your doctor may prescribe supplements to keep your levels where they should be.
3. PPIs can increase your risk of chronic kidney disease.
4. PPIs can increase your risk of fractures, like hip fractures.
5. PPIs may increase your risk of dementia.

Some people NEED to stay on PPIs for a long time, even years, because when they stop the medicine, their symptoms recur.

Some people can get off PPIs if they slowly taper the medicines. It is worth trying to get off PPIs. Even if you can't stop them all together, it is best to take as low a dose as possible.



Inside this issue

Calendar.....	2
Flu shots are Here!.....	3
Vacation & Holiday Closures.....	3
Blue Friday is back.....	4
Telehealth.....	4

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
25	Sept	26	Dr. Ritchie out	27	Dr. Ritchie out	28		29	Dr. Kershtenk out	30		1	
2	October	3		4	Dr. Ritchie out	5		6	Dr. Kershtenk out	7	Dr. Kershtenk out	8	
9		10		11	Dr. Ritchie out	12		13	Dr. Kershtenk out	14		15	
16		17		18	Dr. Ritchie out	19		20	Dr. Kershtenk out	21	Dr. Ritchie out	22	
23		24	Dr. Ritchie out	25	Dr. Ritchie out	26		27	Dr. Kershtenk out	28		29	
30	Nov	31		1	Dr. Ritchie out	2		3	Dr. Kershtenk out	4	Dr. Ritchie out	5	
6		7	Dr. Ritchie out	8	Dr. Ritchie out	9	Dr. Ritchie out	10	Dr. Ritchie out	11	Dr. Ritchie out	12	
13		14		15	Dr. Ritchie out	16		17	Dr. Kershtenk out	18		19	
20		21		22	Dr. Ritchie out	23	Dr. Ritchie out	24	Office Closed Thanksgiving	25	Office Closed Thanksgiving	26	
27		28		29	Dr. Ritchie out	30		1	Dr. Kershtenk out	2		3	
4	Dec	5	Dr. Ritchie out	6	Dr. Ritchie out	7		8	Dr. Kershtenk out	9		10	
11		12		13	Dr. Ritchie out	14		15	Dr. Kershtenk out	16		17	
18		19		20	Dr. Ritchie out	21		22	Dr. Kershtenk out	23	Dr. K Out Office Closed pm	24	
25		26	Office Closed - Christmas	27	Dr. Kershtenk out	28	Dr. Kershtenk out	29	Dr. Kershtenk out	30	Dr. K Out Office Closed pm	31	
1	January	2	New Year's Office closed	3		4		5		6		7	

The flu vaccine is in!

This year our Medical Assistant, Serena, will give flu shots without an appointment Monday, Wednesday, Thursday, and Friday from 9-11:30 and Monday – Friday 1-4 pm (she does not give shots on Tuesday mornings.) Although you do not need an appointment, please call in before you make your way to the office to be sure she will be available. If you have medical issues you need to discuss with your physician in person, you may make an appointment and have your shot at the same time.

2016-2017 Flu Season Q&A

Who should get flu vaccine? Everyone six months and older should get a yearly flu shot as soon as the vaccine is available! Certain people are at greater risk and are especially encouraged to get a flu vaccine, including:

- Adults 65 or older.
- Young kids, especially kids under age five.
- Kids and adults of any age with certain chronic health conditions or special healthcare needs, such as asthma, diabetes (type 1 and 2), heart disease, neurologic conditions, and certain other long-term health conditions.
- Pregnant women.
- Healthcare professionals and caregivers of people in any of the above groups.
- American Indians/Alaska Natives.

How long does it take for the vaccine to protect people from the flu?

It takes about eight to ten days after a single dose for the vaccine to create a strong immune response in most healthy adults. If you're planning to travel, be sure to get your flu shot at least two weeks before your trip.

Can I get a flu vaccine if I am allergic to eggs? The recommendations for people with egg allergies have been updated for this season.

- People who have experienced only hives after exposure to egg can get any licensed flu vaccine that is otherwise appropriate for their age and health.
- People who have symptoms other than hives after exposure to eggs, such as angioedema, respiratory distress, lightheadedness, or recurrent emesis; or who have needed epinephrine or another emergency medical intervention, also can get any licensed flu vaccine that is otherwise appropriate for their age and health, but the vaccine should be given in a medical setting and be supervised by a health care provider who is able to recognize and manage severe allergic conditions. (Settings include hospitals, clinics, health departments, and physician offices.) People with egg allergies no longer have to wait 30 minutes after receiving their vaccine.

Should seniors get the high-dose vaccine? Seniors have a choice and need to weigh risks and benefits. Immune response weakens as people age, so the high dose has four times as much antigen as the standard dose to help boost immunity. A study published in the New England Journal of Medicine indicated that the high-dose vaccine was 24.2% more effective in preventing flu in adults 65 years of age and older relative to a standard-dose vaccine. The downside is the high dose can cause more local reactions and flu-like symptoms.

Can patients get other immunizations with the flu vaccine? Yes! Ask about other vaccines such as pneumonia, shingles, or Tdap (tetanus, diphtheria and pertussis/whooping cough.) The state of Washington is experiencing a whooping cough epidemic. If you are not sure you have been vaccinated in the last 10 years, be sure to ask about the Tdap. Seniors now need two different types of pneumonia vaccinations. Make sure you have received both of them or know when you need your second shot.

Referrals

The highest compliment or thanks we could receive would be a referral from you of a friend, co-worker, or family member. Our practice is successful because of referrals from patients like you, and we thank you for your thoughtfulness in the passing of our name. We'd like to continue to grow our practice, so please don't hesitate to [send them our way](#). We promise to give them the same personalized service! And if there is anything else we can do for you, please let us know.



For every referral you send to us, we will send you a Starbucks card. Great patients like you are hard to find, but your referrals make it easier. Each referral we receive is affirmation that we are accomplishing our mission.

Vacations and Holiday Closures

Please be sure to refer to the calendar on page 2 to see when your doctor will be out of the office this Fall/Winter. Dr. Kershisnik will be out from December 22 to January 3 and the office will be closed Mondays following Christmas Day and New Years day (these are the Federal Holidays). The office is always closed Thanksgiving day and the Friday following Thanksgiving. If you will need a medication refill when your doctor is out or the office is closed, it is important to plan ahead and let us know so it can be ready for you to pick up [before](#) you need it.

Vantage Physicians

At Vantage Physicians, we are deeply committed to providing prompt, friendly, quality medical care to our patients. Our practice model allows us to focus on our patients' needs rather than the requirements of their insurance carrier. We are free to focus on the primary interaction in healthcare: the patient-physician relationship.

It's Blue Friday Season Again!

Football is back! The gals at Vantage are big football fans. We are excited to have our Hawks back in action. During the football season, you will see us in our Seahawks Jerseys on Blue Fridays in support of our remarkable team.

Telehealth saves you time and money

The average medical visit to a fee for service physician's office takes 121 minutes including travel time. As a member of Vantage Physicians, many of your health concerns can be addressed over the phone (answered the same day) or by email (answered within 2 business days.) For more information, call the office at (360)438-1161.



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