

Mayo Clinic Medical Edge

Antacids Use

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>WHEN THE BURNING DISCOMFORT OF HEART BURN STRIKES, ANTACIDS CAN HELP PUT OUT THE FLAME. BUT LIKE ANY MEDICATION, THERE CAN BE SIDE EFFECTS. ACCORDING TO MAYO CLINIC DR. YVONNE ROMERO, THERE ARE THREE MAJOR CLASSES OF ANTACIDS. THERE'S THE MAGNESIUM HYDROXIDE PRODUCTS...</p>
<p>Yvonne Romero, M.D.</p>	<p>"AND THOSE MEDICINES CAUSE DIARRHEA. THERE ARE THE CALCIUM CABONATE PRODUCTS; THOSE CONSTIPATE.</p>
	<p>FREQUENT, LONG-TERM USE</p>

	COULD ALSO LEAD TO CALCIUM BUILDING UP IN THE KIDNEYS AND CAUSING DAMAGE. FINALLY, THERE ARE THE ALUMINUM PRODUCTS.
Dr. Romero	“THOSE THINGS HAVE BEEN ASSOCIATED WITH ALZHEIMER’S DISEASE.”
	IF YOU’RE USING ANTACIDS, DR. ROMERO SAYS YOU’LL ALSO WANT TO PAY ATTENTION TO THE LABELING.
Dr. Romero	“IF YOUR BOWEL HABITS ARE ODD, YOU WANT TO READ THE ACTIVE INGREDIENT IN YOUR ANTACID.”
	THAT’S BECAUSE THE FORMULATIONS CAN AND DO CHANGE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.