



NHS GP Issues Warning Over Omeprazole Use for Acid Reflux

Description

Dr Punam Krishan spoke about stomach problems on BBC Morning Live. She gave advice about proton pump inhibitors (PPIs) like omeprazole. Many people in the UK suffer from acid reflux, which can cause discomfort after eating large meals.

Doctors often give PPIs to help relieve these symptoms. But Dr Punam warned that people should be careful when using these medicines for a long time. Regular check-ups with a doctor are important to monitor health.

Dr Punam explained what acid reflux is. It happens when acid from the stomach comes back up into the food pipe, causing a burning feeling. She advised people to eat smaller meals and avoid lying down after eating to help prevent this.

For quick relief, people can take antacids like Gaviscon. For ongoing issues, doctors may prescribe PPIs, which reduce acid in the stomach. However, using PPIs for too long can cause health problems, so it is crucial to visit your doctor for regular reviews.

Vocabulary List:

1. **Reflux** /'ri:flʌks/ (noun): The backward flow of acid from the stomach into the esophagus.
2. **Discomfort** /dɪs'kʌm.fərt/ (noun): A slight pain or unease.
3. **Symptoms** /'sɪmp.təmz/ (noun): Physical or mental features that indicate a condition or disease.
4. **Prevent** /prɪ'vent/ (verb): To stop something from happening.
5. **Medicines** /'med.i.sɪnz/ (noun): Substances used to treat or prevent diseases or conditions.
6. **Prescribe** /prɪ'skraɪb/ (verb): To authorize the use of a medicine or treatment.

Comprehension Questions

Multiple Choice

1. What did Dr Punam Krishan speak about on BBC Morning Live?

Option: Heart problems

Option: Stomach problems



Option: Dental issues

Option: Muscle pain

2. What medication did Dr Punam Krishan discuss for acid reflux?

Option: Aspirin

Option: Paracetamol

Option: Proton pump inhibitors (PPIs)

Option: Antibiotics

3. What can cause discomfort for many people in the UK after eating large meals?

Option: Indigestion

Option: Acid reflux

Option: Food poisoning

Option: Gastritis

4. What did Dr Punam Krishan advise people to do to help prevent acid reflux?

Option: Eat larger meals

Option: Lie down after eating

Option: Avoid medication

Option: Eat smaller meals

5. What can people take for quick relief from acid reflux?

Option: Vitamin C

Option: Gaviscon

Option: Iron supplements

Option: Cough syrup

6. Why is it crucial to have regular check-ups with a doctor while using PPIs?

Option: To increase medication dosage

Option: To monitor health

Option: To avoid seeing the doctor

Option: To switch to alternative treatment

True-False

7. Dr Punam Krishan recommended the long-term use of PPIs without any monitoring.

8. Acid reflux occurs when stomach acid flows back into the food pipe, causing a burning sensation.



9. Antacids like Gaviscon are only for temporary relief and should not be taken regularly.
10. Dr Punam Krishan advised people to lie down immediately after eating to help with acid reflux.
11. Eating smaller meals can contribute to preventing acid reflux symptoms.
12. PPIs like omeprazole increase the production of stomach acid.

Gap-Fill

13. Dr Punam Krishan mentioned that acid reflux happens when acid from the stomach comes back up into the food pipe, causing a _____ feeling.
14. Doctors may prescribe PPIs to reduce acid in the stomach for people experiencing _____ issues.
15. It is crucial to visit your doctor for _____ reviews while using PPIs for acid reflux.
16. To help relieve acid reflux symptoms, people can take antacids like _____ for quick relief.
17. Dr Punam Krishan warned that people should be _____ when using PPIs for a long time.
18. Regular check-ups with a doctor are important to _____ health when using PPIs.

Answer

Multiple Choice: 1. Stomach problems 2. Proton pump inhibitors (PPIs) 3. Acid reflux 4. Eat smaller meals 5. Gaviscon 6. To monitor health

True-False: 7. False 8. True 9. True 10. False 11. True 12. False

Gap-Fill: 13. burning 14. ongoing 15. regular 16. Gaviscon 17. careful 18. monitor

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. What is the primary purpose of immunotherapy?
Option: To kill bacteria directly
Option: To enhance the body's immune response
Option: To provide immediate relief from symptoms
Option: To replace traditional medicines
2. What is a common concern regarding new findings in medical research?
Option: They are always trustworthy
Option: They often require more testing
Option: They guarantee a cure
Option: They eliminate the need for education
3. What does transmission in the context of infections refer to?
Option: The spread of infections
Option: The treatment of infections
Option: The prevention of diseases
Option: The diagnosis of illnesses
4. Why is education recommended in preventing infections?
Option: It increases anxiety
Option: It helps in understanding preventive measures
Option: It is unnecessary
Option: It promotes misinformation
5. Which benefit is commonly attributed to probiotics?
Option: Curing chronic diseases
Option: Improving digestion
Option: Reversing aging
Option: Suppressing immunity
6. Symptoms of infections often include which of the following?
Option: Increased energy
Option: Fever and discomfort
Option: Enhanced mood
Option: Decreased immunity
7. What is often prescribed to prevent sickness?
Option: Education sessions
Option: Antibiotics
Option: Probiotics only



Option: Stress management techniques

8. What does the microbiome primarily relate to?

Option: Bone health

Option: Bacterial diversity in the body

Option: Muscle growth

Option: Heart function

9. What should be used to protect against the transmission of infections?

Option: Education only

Option: Condoms and medications

Option: Isolation

Option: A lack of awareness

10. What type of care is often necessary for severe infections?

Option: Minimal care

Option: Preventive care

Option: Intensive care

Option: Home remedies

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ can be a crucial treatment for managing certain types of cancer.

12. Healthcare providers often _____ regular check-ups for early detection of diseases.

13. Researchers often collect _____ from various subjects to study disease transmission.

14. Vaccination can help _____ against specific infectious diseases.

15. Antiviral _____ can be effective in treating viral infections.

16. Regular exercise can help _____ many chronic illnesses.

17. Proper hygiene practices reduce the _____ of infectious diseases.

18. Public health _____ campaigns aim to inform citizens about health risks.

19. _____ may arise from various pathogens including viruses and bacteria.

20. Common _____ of allergies include sneezing and itching.



Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Research findings must be verified through peer review to be considered trustworthy.
22. Researchers published their findings in a leading medical journal.
23. Diet and lifestyle choices can influence a person's mood significantly.
24. Many patients report discomfort as a side effect of medications.
25. Consuming probiotics can enhance digestion and improve gut health.
26. Frequent handwashing can reduce the likelihood of sickness during cold seasons.
27. Acid reflux can cause significant discomfort after meals.
28. Intensive therapy is often required for patients suffering from severe infections.
29. The microbiome plays a crucial role in maintaining a healthy digestive system.
30. Probiotics can be beneficial for restoring gut health after antibiotic treatment.

Answer

Multiple Choice: 1. To enhance the body's immune response 2. They often require more testing 3. The spread of infections 4. It helps in understanding preventive measures 5. Improving digestion 6. Fever and discomfort 7. Antibiotics 8. Bacterial diversity in the body 9. Condoms and medications 10. Intensive care

Gap-Fill: 11. Immunotherapy 12. recommend 13. samples 14. protect 15. medications 16. prevent 17. transmission 18. education 19. Infections 20. symptoms

Matching sentence: 1. trustworthy 2. findings 3. mood 4. discomfort 5. digestion 6. sickness 7. reflux 8. intensive 9. microbiome 10. probiotics

CATEGORY

- 1. Health - LEVEL1

POST TAG

- 1. acid reflux
- 2. ESL learning
- 3. esl news
- 4. GP
- 5. Level 1



6. omeprazole
7. tags: NHS

Tags

1. acid reflux
2. ESL learning
3. esl news
4. GP
5. Level 1
6. omeprazole
7. tags: NHS

Date Created

2026/02/12

Author

aimeeyoung99

ESL-NEWS.COM