



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

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

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