

## **Efficacy of a High-Dose Proton Pump Inhibitor in Patients with Gastroesophageal Reflux Disease (GERD): A Single Center, Randomized, Open-Label Trial**

*Jae HC, et al. BMC Gastroenterol. 2020 Aug; 20(1):275.*

- In this single center, randomized, open-label study, patients with GERD received rabeprazole 20 mg once daily (standard-dose group - 35 patients) or rabeprazole 20 mg twice daily (high-dose group - 38 patients) for 8 weeks.
- The rate of sufficient improvement for typical symptoms (heartburn and acid regurgitation) was significantly higher in the high-dose group than in the standard-dose group (100.0% vs. 84.0%).
- For atypical symptoms (chest pain, cough, globus, wheezing, laryngopharyngitis, hoarseness, belching, and dysphagia), the rate of sufficient improvement tended to be higher in the high-dose group than in the standard-dose group (82.4% vs. 63.0%).

**High-dose rabeprazole (20 mg twice daily) is more effective for relieving both, typical and atypical GERD symptoms than a standard-dose regimen.**