

## **Nexium (esomeprazole)**

Nexium is a medication which falls into a class of drugs known as proton pump inhibitors, or PPI's. The medication is often used for a condition known as gastroesophageal reflux disease, commonly referred to as GERD. However, the medication may be used in other conditions such as Multiple Endocrine Neoplasia

### **What is Multiple Endocrine Neoplasia?**

- Multiple Endocrine Neoplasia is a genetic disease in which tumors can exist on several different endocrine organs.
- In multiple endocrine neoplasia type 1 (MEN 1), a tumor is present on the parathyroid gland, the islet cells in the pancreas, or on the pituitary gland
- When the tumor is present on the cells of the pancreas, a substance called gastrin is released into the body in amounts that are higher than normal. Gastrin makes the contents of the stomach more acidic. So, the increased amount of gastrin leads to the stomach being more acidic, which can put a person at a higher risk for peptic ulcers

### **How does Nexium work?**

- Nexium works by causing the stomach contents to be less acidic, and therefore can help control the symptoms of the peptic ulcer disease associated with multiple endocrine neoplasia.

### **What should I know about Nexium while I am taking it?**

- The most common side effects with Nexium are headache and diarrhea. Other side effects include abdominal pain, constipation, and nausea. These side effects should decrease with use. If the side effects continue, you should contact your physician.
- Nexium should be taken with the morning meal, and the medication works best if taken at least one hour before eating. The capsule should be swallowed whole and should not be chewed or crushed.

### **References/Resources for further information**

The Merck Manuals Online Medical Library: Multiple Endocrine Neoplasia (MEN) Syndromes. Available at <http://www.merck.com>.

Nexium Website. Available at <http://www.purplepill.com>.

Facts and Comparison 4.0. Available at <http://online.factsandcomparisons.com>.