

Iberogast vs. PPI Research Update

The trial is being conducted by Professor Jane Andrews, Associate Professor of Gastroenterology at the Royal Adelaide Hospital and the University of Adelaide.

Prof. Andrews said prescription treatments for dyspepsia were “quite unsatisfactory” with only 10% symptom improvement over a placebo. Yet up to 40% of the population suffers from unexplained indigestion at some point in time, which is usually labeled as functional dyspepsia.

However, to date no study has compared the effect of Iberogast against the most commonly prescribed medications for functional dyspepsia i.e. proton pump inhibitors. Further, there is currently demand for cost effectiveness data of herbal medications versus these proton pump inhibitors. Therefore the results of this National Health and Medical Research Council funded trial, due next year, will be keenly awaited.

Latest update - 87 patients have consented to participate into the study, and of those, 69 have successfully completed and 6 are still completing the study. The aim is to successfully complete 120 patients (i.e. 30 patients per treatment group) by March 2012.

Attention to Adelaide based practitioners - if your patients are interested in taking part they will need to visit the Royal Adelaide Hospital on at least four to five occasions over a six to eight week period. Anyone interested in taking part should contact the study coordinator, Dr Amelia Pilichiewicz on (08) 8222 5214 or ameila.pilichiewicz@adelaide.edu.au