

Case 7. Indigestion

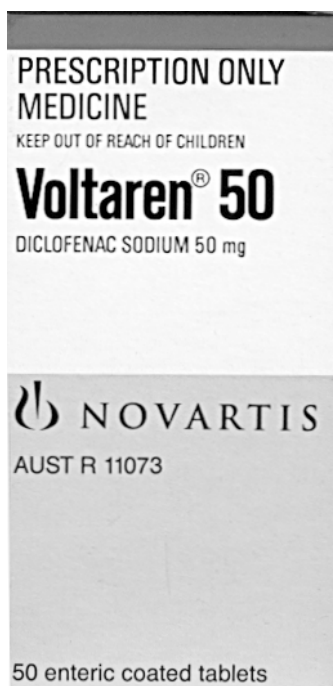
A 56 year old overweight woman, who you know to have osteoarthritis in her knees and a family history of ischaemic heart disease, asks for repeat of her prescriptions (below). She also tells you that she has recently started experiencing frequent indigestion and “heartburn”(oesophageal reflux), particularly at night. While you are dispensing the prescriptions she steps outside for a cigarette.

R_x

Voltaren[®] (diclofenac) 50 mg
One tablet twice daily.

R_x

Cartia[®] (aspirin) 100 mg
One tablet daily.



The following products are available for your consideration.





The client says that she has seen Zantac Relief[®] advertised on television and wonders about its use.



DISCUSSION POINTS

Describe the nature of, and basis for “heartburn”. Identify any contributing factors in this patient’s indigestion. How are these correctable?

Outline how Mylanta[®] and Gaviscon[®] differ with respect to active ingredients and intended indications for use.

How does Zantac Relief[®] treat indigestion? How should you deal with people who request products which are advertised on television?

What questions would you ask the client before recommending a product?

Are there any treatment alternatives for her osteoarthritis which you could discuss with the prescriber or the patient? Explain your answer.

Are there other issues here and how should this patient be counselled?

ACKNOWLEDGMENT: We acknowledge the manufacturers of the pharmaceutical products which are illustrated here for teaching purposes only.