

**Analysis of the symptom response to esomeprazole 20 mg over days 1-4 of a 14-day course of treatment for frequent heartburn: results of two randomised controlled trials.**

*Peura D, et al. BMJ Open Gastroenterol. 2019 Jun 21; 6(1):e000278.*

- Adults without confirmed diagnoses of gastro-esophageal reflux disease (GERD) experiencing heartburn 2 or more days per week in the past 4 weeks were randomly assigned to treatment with esomeprazole 20 mg or placebo once daily for 14 days.
- Heartburn episodes were documented in daily diaries.
- On days 1 to 4, %age of heartburn-free days was significantly greater with esomeprazole group compared with placebo.
- The greatest treatment benefit was observed during 5 to 14 days period, heartburn-free time of esomeprazole group increased by 32.5% compared to 14.3% with placebo.

**Esomeprazole treated patients had significantly more heartburn-free days compared to placebo group. Maximal clinical benefits observed on days 5-14.**