

# Ginkgo biloba, may significantly reduce gastrointestinal pain: It may also reduce the risk of stomach cancer that is associated with the wide-spread use of proton pump inhibitors

Proton pump inhibitors, despite their high cost, are widely prescribed to treat a number of stomach acid-related disorders [1]. Notwithstanding their wide-spread use, they also pose a significant risk of stomach cancer [2]. Survival rates for stomach cancer vary widely from 23% in the US to 60% in Japan [3].

The gastric mucosa is an integral part of the mucosal defense of the stomach from stomach acid secretion [4]. This model hypothesizes that the gastric mucosa is intended as a defense against gastrointestinal pain and stomach cancer.

Ginkgo biloba dose-dependently inhibits gastric mucosal lesions [5] and gastric mucosal lesions enhance the risk for gastric cancer [6]. Ginkgo biloba has been demonstrated to decrease the area of gastric cancer tumors by 73.4% in patients with gastric cancer [7]. It also improves the mucosal healing of duodenal ulcers [8]. Ginkgo biloba is relatively inexpensive and side effects are rare, other than a slight increase in the risk of bleeding [9].

## References

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