



Royal College of Physicians

Professor Roy Pounder' Biography

Professor Roy Pounder is an Emeritus Professor of Medicine at University College London. For 25 years he worked as a Consultant Gastroenterologist in North London at the Royal Free Hospital. He has authored over 200 original scientific papers and has edited more than 20 textbooks; he is the founding co-editor of *Alimentary Pharmacology & Therapeutics* and *GastroHep.com*; he has edited *AP&T* for 31 years.

He was Clinical Vice President of the Royal College of Physicians in London from 2002 to 2004.

He is co-founder and Chairman of Rotageek.com – originally devised to schedule junior doctors' rotas - and named as the Small British Business of the Year for 2017.

Presentation Blurb

Fifty years of peptic ulcer revolution

Section1: Control of gastric acid secretion

Fifty years ago, duodenal ulceration was a major clinical problem affecting up to 10% of men, but fewer women. It caused recurrent episodes of epigastric pain, and death from haemorrhage or perforation. To relieve ulcer pain, the latest textbook in 1968 advised "rest, frequent small meals and frequent doses of antacid", and "to get the patient to avoid undue fatigue, physical or mental". Failing that, it advised major surgery to the stomach to decrease acid secretion – an expensive and risky solution.

In 1972 Black and colleagues identified the second receptor to histamine, and they synthesised the first histamine H₂ receptor antagonists. In 1976 cimetidine was launched in the United Kingdom, and it transformed the management of duodenal ulcers – not only speeding healing of acute ulcers, but also preventing recurrent ulceration.

In 1979 Swedish researchers described omeprazole – the first proton pump inhibitor - which could cause profound inhibition of H⁺K⁺, APTase – the enzyme that pumps acid from the parietal cell. A single daily oral dose could produce virtual gastric anacidity, with speedy benefit for both peptic ulceration and reflux oesophagitis.

Cimetidine and omeprazole, and their successors, are simple to dose by mouth, and they were apparently so free of side-effects that they are available without restriction over-the-counter in supermarkets.

However, absence of acid may not be without its consequences.