

## What Is The Treatment?

- There is not just one medication that cures *H. pylori*. Typically a multi-drug regimen is prescribed for 10-14 days.
  - Treatment is often comprised of two antibiotics with a proton pump inhibitor (*a medication to reduce stomach acid and allow any damaged lining to heal*).
  - *H. pylori* can sometimes be resistant to antibiotics so it is important to take all medications as prescribed and to completion.
  - About 20% of patients may not be cured with one round of medication and may require additional treatment.
  - Testing for eradication of *H. pylori* can be performed at least four weeks following treatment via breath test, stool test, or endoscopy with biopsy.
  - Successful treatment of *H. pylori* prevents ulcer recurrence and reduces risk of ulcer complications.
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## Patient Instructions For *H. pylori* Breath Testing

- @ Medications known as proton pump inhibitors (*Aciphex, Dexilant, Nexium, Prevacid, Prilosec, Protonix, Rabeprazole, Esomeprazole, Lansoprazole, Omeprazole, Pantoprazole*) can decrease accuracy of breath testing
- **Two weeks prior to testing** - Do not take any proton pump inhibitor, bismuth product or carafate. *TUMS* are OK
- **Two weeks prior to testing** - Do not take any antibiotics
- **Two hours prior to testing** - Do not eat or drink anything.
- **One hour prior to testing** - Do not smoke

**Testing** will take 25 minutes

A baseline breath sample will be captured by breathing into a small collection bag

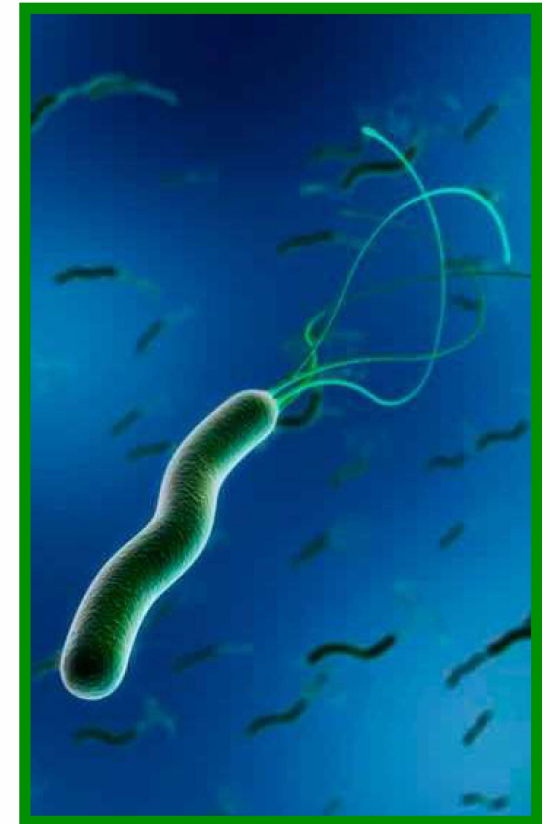
**You** will be asked to drink a solution containing phenylalanine (*equivalent to the amount of sweetener in one diet soda*)

After 15 minutes, a final breath sample is collected

**If** you are pregnant, consult with your ob/gyn prior to testing

Results available in around one week

# Helicobacter Pylori



## What Is Helicobacter Pylori?

- Helicobacter pylori, or *H. pylori*, is a bacteria found in the stomach or the first part of the small intestine.
- Approximately 50% of the world population is affected.
- Many people with *H. pylori* have no symptoms and can harbor the bacteria for years without incident.
- *H. pylori* can cause digestive complaints and is the most common cause of peptic ulcer disease.
- In rare instances *H. pylori* may also cause stomach cancer.

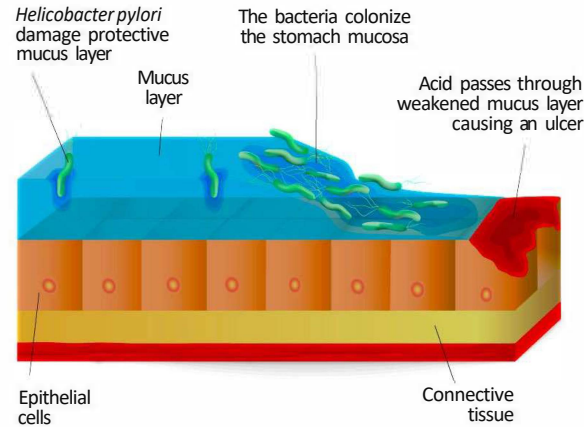
## How Do I Get H. pylori?

- *H. pylori* enters the body via the mouth then moves through the digestive system, infecting the stomach or small intestine.
- While the exact mode of transmission is not known, *H. pylori* likely is contracted through person-to-person contact.
- *H. pylori* may be spread by consuming food or water contaminated by feces.
- *H. pylori* is more common in developing countries with untreated water, crowded living conditions, and poor sanitation.

### FACT:

***H. pylori* is the most common chronic bacterial infection seen in humans worldwide**

## H. pylori Infection



- *H. pylori* makes its home within the mucosal layer of the stomach or small intestine
- The body reacts to this invasion and inflammation develops
- The protective mucosal layer weakens, making it susceptible to damage from stomach acid

## What Are The Symptoms?

Most people with *H. pylori* have no symptoms

- Symptoms develop when complications from *H. pylori* occur
- *H. pylori* infection contributes to:
  - Gastritis (*stomach inflammation*)
  - Dyspepsia (*heartburn, bloating, nausea*)
  - Over 80% of stomach ulcers
  - Over 90% of duodenal (small intestine) ulcers
- *H. pylori* infection symptoms may include:
  - Abdominal Pain
  - Bloating
  - Heartburn
  - Loss of appetite
  - Nausea
  - Vomiting

## H. pylori and Cancer

Chronic infection with *H. pylori* has been linked to stomach cancer and gastric mucosa-associated lymphoid tissue (MALT) lymphoma.

Lifetime risk for stomach cancer is 1-2% and less than 1% for lymphoma of the stomach.

Stomach cancer is less common in the U.S. and more common in Asia and South America.

It is important to treat *H. pylori* when identified to lower the risk of cancer.

## Who Should Get Tested?

Anyone with an ulcer or history of ulcer disease should get tested for *H. pylori*

Anyone with symptoms of dyspepsia (heartburn, bloating, nausea)

Family history of stomach cancer or personal history of stomach cancer

## There Are Four Methods To Diagnose H. pylori

- 1) **Endoscopy** - visual exam of the upper gastrointestinal tract while under sedation. Biopsies are taken to test for *H. pylori*.
- 2) **H. pylori Breath Test** - after drinking a specialized solution that is broken down by *H. pylori*, a breath sample is collected to measure levels of carbon dioxide exhaled.
- 3) **Bloodwork** - detects antibodies to the bacteria. This does not distinguish active from previously treated infections.
- 4) **Stool Test** - measures a protein (antigen) associated with *H. pylori*.