



PREVALENCE OF HELICOBACTER PYLORI IN PATIENTS UNDERGOING UPPER GI ENDOSCOPY

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**ABSTRACT**

**Aims And Objectives :** To study the prevalence of Helicobacter pylori infection in patients in NARAYANA MEDICAL COLLEGE AND HOSPITAL, Nellore, who are undergoing Upper GI endoscopy for various Gastrointestinal disorders. **Methodology:** This study was conducted for all patients presenting with dyspepsia symptoms in Narayana medical college and hospital, nellore, who underwent Upper GI endoscopy. For each patient, a biopsy sample was taken, and a diagnosis of Helicobacter pylori infection was made using Histopathological examination. **Results :** prevalence of h.pylori – 204/320 = 63.75% with age and sex predilections. **Conclusion :** There is a significantly high prevalence of H. pylori infection in rural populations surrounding Narayana medical college and hospital , Nellore, Andhra Pradesh. Though, the prevalence of H. pylori gastritis and associated abdominal symptoms is high in number, serious complications are seen in few.

**KEYWORDS :**

**INTRODUCTION :**

*Helicobacter pylori* (*H. pylori*) infection is a major cause of peptic diseases. Numerous studies have demonstrated that approximately 50% of the world's population is infected with the organism. In many developing countries, the prevalence of infection exceeds 90% by adulthood. This may be symptomatic or asymptomatic. *Helicobacter pylori* occurs throughout the world and causes gastroduodenal diseases. There is an association between the gastric colonization of *H. pylori* and chronic gastritis and peptic ulcer diseases.

**AIMS AND OBJECTIVES :**

To study the prevalence of Helicobacter pylori infection in patients in NARAYANA MEDICAL COLLEGE AND HOSPITAL, Nellore, who are undergoing Upper GI endoscopy for various Gastrointestinal disorders.

**MATERIALS AND METHODS :**

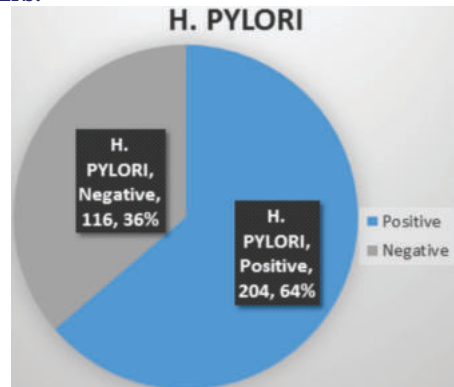
This study was conducted for all patients presenting with dyspepsia symptoms in Narayana medical college and hospital, nellore, who underwent Upper GI endoscopy. For each patient, a biopsy sample was taken, and a diagnosis of Helicobacter pylori infection was made using Histopathological examination. MS Excel 2007 was used as a data directory, and the data was further analyzed using SPSS version 21.

**DISCUSSION :**

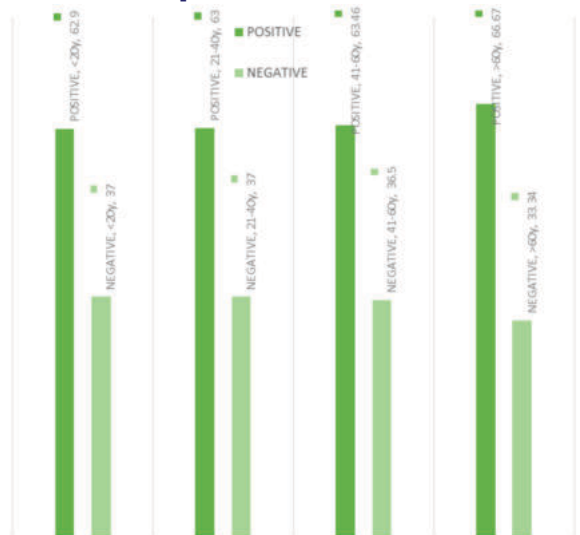
Gastritis, gastric ulceration, and gastric malignancies have many etiological factors, among which *H. pylori* infection is the principal and most common cause. *H. pylori* infection is dependent upon many variables such as age, sex, socioeconomic status, dietary habits, genetic, and immunological factors. In this present study, we did not get a significant difference in *H. Pylori* prevalence according to gender distribution. Age distribution of *H. pylori* infection did not show any trend towards increase or decrease in infection with the advancing age. There is rising incidence of reactive gastritis in rural and suburban population of developing nations like India due to increased gastroduodenal reflux associated with life-style and unhealthy eating habits of the population and also increased use of drugs like NSAIDs, which are easily available and often being excessively prescribed as analgesics for musculoskeletal pain. The present study has significant advantages like being conducted in a patient group of 320 in a community that

regularly presents with similar complaints and computation of association of sex and age distribution variables with *H. pylori* infection. There is a need of another broader study in this region, assessing the condition of patients during follow-up after treatment and life-style modification.

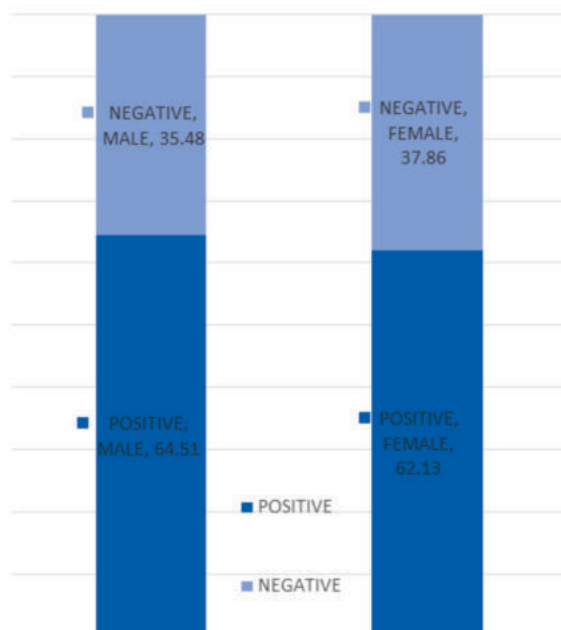
**RESULTS:**



Prevalence Of H. Pylori – 204/320 = 63.75%



Age Distribution:



Sex Distribution :

#### CONCLUSIONS :

There is a significantly high prevalence of *H. pylori* infection in rural populations surrounding Narayana medical college and hospital, Nellore, Andhra Pradesh. Though, the prevalence of *H. pylori* gastritis and associated abdominal symptoms is high in number, serious complications are seen in few. Prevention of these complications and near total relief from the distressing abdominal symptoms can be achieved through early detection by economically feasible diagnostic methods and initiating an empirical treatment with anti *H. pylori* therapy early on.

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