



A STUDY ON ASSOCIATION OF HELICOBACTER PYLORI INFECTION IN CHRONIC ALCOHOLIC PATIENTS

Gastroenterology

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ABSTRACT

BACKGROUND: Helicobacter pylori is the common infection among general population it can cause wide range of gastric disorders, including gastric ulcer, duodenal ulcers, chronic gastritis, gastric malignancy. The influence of alcoholism and effect of H.pylorii infection in alcoholic patients are not well studied.

AIM: This study mainly to know the prevalence of this H.pylori infection among the alcohol taking adult population in Vellore district

MATERIAL AND METHODS: Study design: Cross sectional study.Venue: Government Vellore Medical College hospital . Study period: December 2017 to August 2018.. Study population: Total no of 410 patients were enrolled,and divided into two groups- alcoholic and non-alcoholic.All underwent upper GI endoscopy and rapid urease test (RUT) for diagnosis of H pylori infection and questionnaire consisting of dyspepsia symptoms like nausea, vomiting, regurgitation, epigastric pain-(fasting,post prandial, nocturnal, right hypocondric pain), belching,bloating,postprandial fullness,heartburn, early satiety, were noted endoscopic findings are documented.

RESULTS: RUT positive : 138 (33.65%) Among them 104 patients were positive (49.05%) among alcoholic group, (25.36%) in over all dyspeptic group, non alcoholic group (17.17%) and (8.29%) in overall dyspeptic group,

CONCLUSION: H.pylori infection is more prevalent in those who were taking alcohol for a prolonged periods

KEYWORDS

Helicobacter pylori. Alcoholism association.

BACKGROUND: Helicobacter pylori is the common infection among general population it can cause wide range of gastric disorders, including gastric ulcer, duodenal ulcers, chronic gastritis, gastric malignancy. The influence of alcoholism and effect of H.pylorii infection in alcoholic patients are not well studied.Researchers continue to find evidence that moderate alcohol consumption fights *Helicobacter pylori* (*H. pylori*) infection. Over the last decade, there have been a large number of epidemiological studies that have found that age, race and education level were major predictive factors for *H. pylori* infection Previous studies have reported that there is no significant relationship between smoking and active *H. pylori* infection However, drinking alcohol appeared to protect against *H. pylori* infection . The protective effect of alcohol on active *H. pylori* infection point that it may be related to its antimicrobial properties.However, other findings were inconsistent and produced conflicting results.

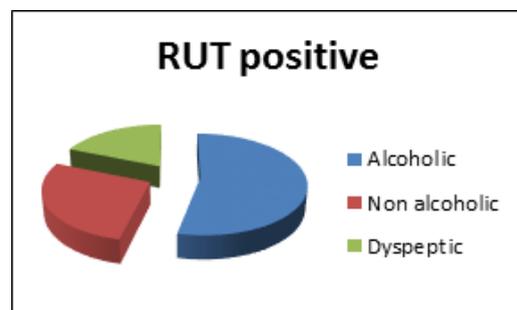
AIM: This study mainly to know the prevalence of this H.pylori infection among the alcohol taking adult population in Vellore district and, those who were attending to MGE OP at government Vellore medical College hospital , this study mainly focused on adult male population, is because mode of spread of this infection is through person to person direct contact with Saliva and vomitous, contaminated food and water & beverage , crowded environment it is more prevailing in all over Tamil Nadu bars. hence it is more relevant to study in this group of people ,hence adult male population age between 18-70 years, those who where taking alcohol in various quantity with various time periods were taken in to this study, another reason is adult male taking alcohol in this district is on higher side about 30-40 % ,those patients having dyspepsia symptoms like abdominal pain ,gerd, bloating, belching patients and those reported to OPD at MGE Department in. GVMCH were taken in to this study,due to the high prevalence of H.pylori infection as well as higher prevalence of alcohol intake among general population.

METHODS: This is a cross sectional study, in which 410 patients who were age between 18-70 years with dyspeptic symptoms were enrolled, those who were not willing, not fit for upper GI Endoscopy due to cardiac and viral markers positive patients where excluded, Total no of 410 patients were enrolled, patients were divided into two groups, with alcoholic and non-alcoholic, in which both no history of

alcohol intake with dyspeptic symptoms aswell alcoholic patients taking various quantity with various dyspeptic symptoms who were undergoing upper GI endoscopy on routine basis in our centre Government Vellore Medical college hospital Vellore from December 2017 to August 2018 were enrolled in this study, all these patients enrolled with informed consent, underwent upper GI endoscopy and rapid urease test (RUT) for diagnosis of H pylori infection and qestinary consisting of dyspepsia symptoms like nausea, vomiting, regurgitation, epigastric pain-(fasting,post prandial, nocturnal ,right hypocondric pain), belching ,bloating, postprandial fullness ,heartburn, early satiety, were noted endoscopic findings are documented ,patient s were divided into alcohol intake history 198(48.29%) patients or with out alcohol intake history 212 (51.70%) patient s were enrolled, those patients with GI bleed, gastric malignancy, recent. antibiotics or PPI use were also excluded

RESULTS ; Total no of RUT positive patients were 138 patients(33.65%)among them 104 patients were positive (49.05%) among alcoholic group (25.36) in overall dyspeptic group non alcoholic group (17.17%) and (8.29 %) in overall dyspeptic group, the results shows that h.pylori infection is more prevalent in those who were taking alcohol for a prolonged periods as well they were infected with H.pylori infection through contaminated food and beverages, person to person direct contact with Saliva and vomitous, contaminated food and water & beverage , crowded environment it is more prevailing in all over Tamil Nadu bars. hence in the same way it also prevailing in vellore district also,

Graph:1



DISCUSSION

The outcome of the studies analyzing the association between Hp infection and at-risk alcohol consumption are still controversial. Some authors found no association between H pylori and alcohol. Other authors conclude that alcohol consumption has a protective effect against active Hp infection, contrary to that of coffee consumption. Some results suggest that smoking and alcohol consumption are protective factors against Hp infection. There are also analytical studies which have shown no association between H pylori infection, alcohol and coffee consumption. Some authors suggest that moderate alcohol consumption could be inversely associated with Hp seronegativity. After studying the relation of factors such as diet and socioeconomic status, it has been supposed that there is no association between Hp infection and alcohol consumption, coffee drinking, or smoking. A relation between alcohol consumption and Hp infection was observed in the present study, and the risk for infection was greater in the subjects that consumed alcohol than in those that did not; The quantity of grams per week of at-risk alcohol consumption was greater in individuals with Hp infection than in those without it according to some authors. Smoking and coffee consumption were not considered as risk factors for Hp infection.

CONCLUSION:

Alcoholic patients are more prone for this dreaded H.pylori infection and its complications, all alcoholic need to be meticulously searched for this infection, in this study population all the patients with RUT positive were treated with standard line of management

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