

## Lifestyle Modifications:

- Eliminate psychological stressors
- Eliminate cigarette smoking
- Avoid Non-Steroidal Anti-Inflammatory (Motrin or Advil/ibuprofen, Aleve/Naproxen, Aspirin).
- Avoid fatty and spicy foods
- Avoid caffeine
- Avoid alcohol
- Moderate Exercise (walking 30 minutes on most days of the week)

*This information is provided for personal use only, and is not intended to substitute for a consultation with a pharmacist or health care provider. If you experience any further complications not listed or worsening of symptoms, contact your pharmacist or physician immediately.*

## References:

DiPiro, J, Talbert, R, Yee, G, & Matzke, G (2008). *Pharmacotherapy, A Pathophysiologic Approach, Seventh Edition*. China: McGraw Hill Medical.

Ables, A. Z., Simon, I, & Melton, E. R. (2007). Update on *Helicobacter pylori* Treatment. *American Family Physician*, 75, 351-358.



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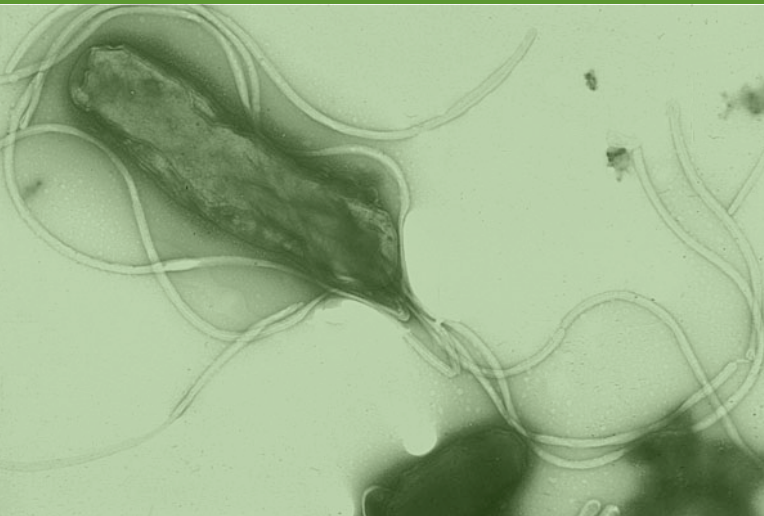
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# Helicobacter pylori Infections: Peptic Ulcer Disease

## prevention & treatment

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## What is Helicobacter pylori (H. pylori)?

- H. pylori is a spiral-shaped bacterium that thrives in the stomach and mucus layers of human beings.
- H. pylori is a chronic infection that has been identified as one of the main causative agents in peptic ulcer disease (PUD).

## Facts and Risk Factors

- Approximately 30% of adults in the United States with symptoms of PUD are infected with H. pylori.
- 80% of populations in developing countries with direct correlation to poor socioeconomic and living conditions are affected by H. pylori.
- The prevalence of H. pylori is higher among ethnic groups such as Africans, Latin Americans, and Asians.

## How is Helicobacter pylori (H. pylori) Spread?

- H. pylori can be spread from person to person (through fecal-oral, oral-oral and gastro-oral routes)
- It can be spread directly from an infected person or indirectly through contaminated water or food, especially in crowded households

## Symptoms of Peptic Ulcer Disease

- Upper GI bleeding (can be life threatening in serious cases)
- Bleeding occurs in 10-15% of patients and it can be hidden or present as a black color in the stools or vomit
- Perforations (punctures) and obstructions can also result causing further stomach problems
- Possible Symptoms: feeling full after eating small amounts, bloating, anorexia, nausea, vomiting and weight loss

## Recommended Treatment

- The recommended therapy is a 14-day treatment using two antibiotics to prevent chances of developing antimicrobial resistance and a proton-pump inhibitor to effectively eradicate the H. pylori.

## Three-Drug Regimen

### Amoxicillin

- 1gram is to be taken twice daily (usually done with two 500mg capsules) for 14 days.
- For patients allergic to Penicillin: Metronidazole 500mg twice daily for 14 days is substituted.

### Clarithromycin

- 500mg is to be taken twice daily for 14 days.
- Not to be taken with St. John's Wort and some prescription medications. *Please see your pharmacist or physician for full list of medications that should not be taken.*

### Omeprazole

- 20mg is to be taken twice daily for 14 days.
- To be taken ½ hour before a meal