

PREVENTION

Wash your hands thoroughly. Use warm soapy water after using the toilet and before eating.

Don't share dining utensils. Drinking glasses or eating utensils can act as a carrier to transmit bacteria from one person to another.

Avoid contaminated food or water. Don't consume food or water that may have been contaminated by floodwater or sewage.



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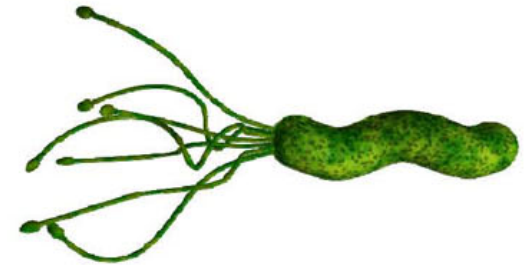
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H Pylori Bacterium



WHAT IS H. PYLORI?

H. pylori infection occurs when a bacterium called *Helicobacter pylori* (*H. pylori*) thrives in your stomach or the first part of your small intestine (duodenum). *H. pylori* bacteria enter your body through your mouth and pass into your digestive system.

In developing countries, it commonly causes chronic infections and is usually acquired in childhood. In the US, infection is less common in children but increases with aging: by age 60 about 50% of people are infected. However, most people who carry the bacteria experience no signs or symptoms of infection.

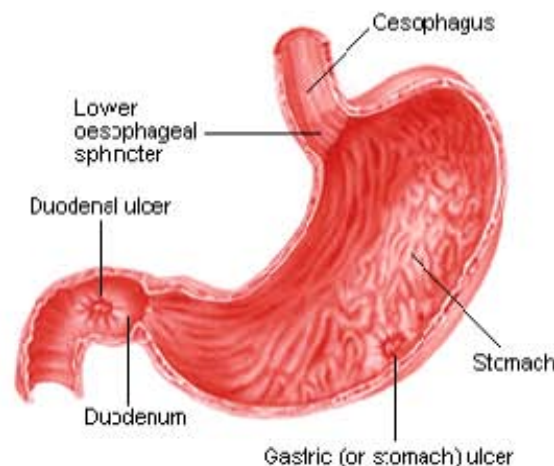
H. pylori infection is the most common cause of stomach ulcers, also causes inflammation of the stomach lining (gastritis), may also contribute to stomach cancers and other digestive system cancers.

DIAGNOSIS METHODS:

- Noninvasive urea breath tests
- Endoscopy for mucosal biopsy

SYMPTOMS:

- An ache or burning pain in your abdomen
- A change in appetite with weight loss
- Nausea
- Vomiting
- Frequent burping
- Bloating
- Bloody vomit or vomit that looks like coffee grounds
- Bloody or black tarry stools



TREATMENT

Dr. Rodriguez will eradicate the *H. Pylori* bacterium using 2 sets of antibiotics in combinations with proton pump inhibitors.

Infected patients with duodenal or gastric ulcer require continuation of the acid suppression for at least 4 wk.

HOW IS IT TRANSMITTED?

- ⇒ From infected person to another through saliva (sharing utensils, beverages, kissing)
- ⇒ Poor hand-washing habits after using the bathroom
- ⇒ Contaminated drinking water

DIETARY MODIFICATIONS:

Visit our Dietitian for individualized help