

# Seeing patients with symptoms such as heartburn, dyspepsia, bloating, and stomach pain?

Differentiating between gastrointestinal (GI) conditions can be difficult. It could be something more common, such as an *H. pylori* infection.



## It is estimated that 1 in 3 Americans are infected with *H. pylori*<sup>1</sup>

- *H. pylori* is one of the world's most common bacterial infections
- African Americans, Hispanic, and immigrants from Asia, Eastern Europe, and Africa have higher prevalence rates (~70%) of *H. pylori* infections<sup>2</sup>



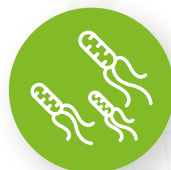
## *H. pylori* infections are linked to peptic ulcer disease, gastric cancer, and dyspeptic symptoms

- 9 out of 10 ulcers are caused by untreated *H. pylori* infections. Since most ulcers are caused by this bacterial infection, it can be cured with the right antibiotics<sup>3</sup>
- The risk of gastric cancer is 6X higher in infected individuals<sup>4</sup>



## The common GI distress symptoms of an *H. pylori* infection are often masked by proton pump inhibitors (PPIs) and H2 blocker medications

- Performing an *H. pylori* test before writing a PPI prescription can help identify *H. pylori*-positive individuals, allow treatment, and prevent chronic PPI use
- Long-term PPI usage can cause health risks such as fractures and even kidney damage<sup>5,6</sup>



## *H. pylori* is 1 of 4 common infections that lead to cancer - it is preventable with early detection<sup>7</sup>

- Patients with dyspepsia and no alarm symptoms should undergo initial testing and treatment for *H. pylori*<sup>2</sup>
- Non-invasive testing such as urea breath or stool antigen should be used<sup>2,8</sup>



## *H. pylori* eradication therapy fails in 1 out of 4 patients<sup>9</sup>

- The most important predictors of treatment failure include poor compliance and antibiotic resistance<sup>10</sup>
- AGA and ACG guidelines recommend retesting for confirmation of eradication<sup>2,8</sup>

Rule out *H. pylori* - Test. Treat. Test Again.

Visit [meridianbioscience.com/hpylori-resource-center](https://meridianbioscience.com/hpylori-resource-center) to learn more

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