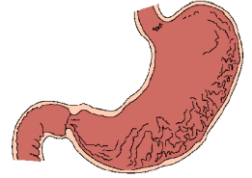
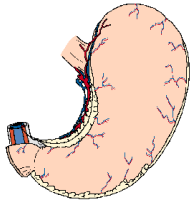


Helicobacter Pylori

What is Helicobacter Pylori?

- **H. Pylori**- a Common Cause of Ulcers, Contagious;
 - **H. Pylori**- is a bacteria
- **Ulcer**- a Sore or Crater that can form in the Digestive Tract in the Stomach or Duodenum- Stomach meets the Small Intestine, these areas contain enzymes and strong Acids that help Digest the Food You Eat
 - Stomach and Duodenum- are coated with a Protective Mucus Layer (where the H. Pylori Hide), otherwise your own body tissue would be Digested



What are the Signs and Symptoms?

- **Common**- Nausea, Vomiting; Burning, Cramping, or Hungerlike Pain in the Stomach Area in the middle of the night or several hours after eating; Black, Tarry, or Bloody Stools (Means the Ulcer is Bleeding); Pain gets Better and Worse when Eating, Sudden Intense Pain, Continued Weight Loss
- **Sometimes**- Continued Pain after taking the Medication

Information:

- **Family History**- Ulcers seem to run in Families
- **Increases Risk** - Smoking, taking Pain Relievers
- **Bacteria**- Weaken the Mucus Layer where the Acid Flows, Irritate the Tissue underneath leading to a Formation of an Ulcer



What can I do?

- **See a Health Care Provider**-X-Ray can help Locate the Ulcer (Barium Upper GI/Gastrointestinal Series); You Drink a Chalky Liquid containing Barium which helps the Ulcer show up on the X-Ray
 - **Endoscopic Exam**- is a close look at the Ulcer (a Long tube Passed through your Mouth to Your Stomach)
 - **Blood and Breath Tests**- to show if H. Pylori is in the Digestive Tract
 - **Medications**- can be prescribed to kill the bacteria so your Ulcers can Heal (Antibiotics are usually prescribed)
- **See a Registered Dietitian**- Bland with 6 Small Meals per day
- **AVOID**- SMOKING, Aspirin containing Pain Relievers

