



H. Pylori

AND ITS ROLE IN STOMACH CANCER

What is Helicobacter Pylori (H. pylori) Infection

- A bacteria that can cause stomach infection in the stomach or duodenum (first part of the small intestine)
- Spreads through contact with an infected person's bodily fluids, including saliva, or through oral sex, and contaminated food or drinking water

Who Are Considered High-Risk Patients for H. pylori infection?

- First-generation immigrants from high-incidence regions, especially those 40 years and older
 - East Asia (Japan, Korea, China, Mongolia)
 - Eastern Europe
 - Central & South America
 - Some Middle Eastern Countries
- If a family member has tested positive for H. pylori, then all family members should get tested
- Has a family history of gastric cancer.

What are symptoms of H. Pylori Infection ?

Most people with H. pylori are asymptomatic

However, if symptomatic the following symptoms are...

- Ongoing stomach pain or other stomach symptoms
- Dyspepsia (chronic pain or discomfort in the upper abdomen)
- Chronic indigestion of food
- An ache or burning pain in stomach area
- Loss of appetite
- Frequent burping
- Bloating
- Weight loss

Urgent symptoms→ seek medical help right away

- Sharp, sudden, or very bad stomach pain that doesn't get better, may feel worse when the stomach is empty
- Blood or black tarry stools or vomit that looks like coffee grounds
- Trouble swallowing
- Unusual tiredness, dizziness or passing out

How can H. Pylori be a Potential Risk for Stomach Cancer

- H. pylori causes chronic inflammation in the stomach, which can lead to changes in the cells lining the stomach and increase the risk of stomach cancer

EARLY DETECTION SAVES LIVES

When To Get Tested?

- If you have any of the listed symptoms or are a high-risk person (see "who should get tested" and "symptoms" for more information then discuss with your doctor about H. pylori testing **AS SOON AS POSSIBLE!!**)
- On long-term aspirin therapy or starting long-term NSAID therapy (e.g., ibuprofen, naproxen)

How to Minimize the Risk of H. pylori

- Good hygiene
 - Wash your hands with soap and clean water after using bathroom and before eating
 - Make sure all food eaten is clean and safely cooked
 - Make sure all drinking water is safe and clean
- Have a diet high in vegetables and fruit
- Avoid eating a high-sodium (salt) diet, consuming smoked foods, or having high concentrations of nitrates
- Very important to follow medication instructions closely

How is H. pylori diagnosed?

- Blood test: Checks for the antibody to H. pylori
- Breath test: Measures a chemical in the breath that is present if H. pylori is in the stomach
- Stool test: Checks for bacteria in the stool
- Biopsy: A piece taken from the stomach lining during an endoscopy is checked under a microscope to see the bacteria

How is H. pylori treated?

- Antibiotics (ex: clarithromycin, metronidazole): Help to kill the H. pylori bacteria.
- Proton pump inhibitors (ex: pantoprazole): Stop the stomach from making as much acid and enable the antibiotics to work better to kill H. pylori
- Stomach-lining protectors (ex: bismuth): Help heal ulcers caused by H. pylori and kill the bacteria
- You have to take multiple meds at the same time to fully get rid of H. pylori



Visit www.DebbiesDream.org to donate, learn more about this devastating disease, learn how to become involved, ask questions, volunteer, host or attend an event, or become a mission ambassador.

Debbie's Dream Foundation: Curing Stomach Cancer (DDF) is dedicated to raising awareness about stomach cancer, advancing funding for research, and providing education and support internationally to patients, families, and caregivers. DDF seeks as its ultimate goal to make the cure for stomach cancer a reality!

**Pioneering the fight
against stomach cancer
worldwide!**