



HELICOBACTER PYLORI INFECTION

治理幽门螺旋杆菌感染

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C O N T E N T S

1	WHAT IS H. PYLORI INFECTION ?	1
2	HOW H. PYLORI INFECTION SPREADS	1
3	HOW H. PYLORI INFECTION AFFECTS PEOPLE	1
4	DIAGNOSIS OF H. PYLORI INFECTION	2
5	TREATMENT OF H. PYLORI INFECTION	2

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This Patient Education Booklet has been prepared based on the Clinical Practice Guidelines on the Management of Helicobacter pylori infection. It is written for patients with Helicobacter pylori infection, their family members and caregivers, and aims to help them understand their condition and treatments available. It is hoped that patients, their family and caregivers would be able to use this booklet as a basis to discuss with their doctors the treatment options available to them.

Clinical Practice Guidelines are guidelines, based on the best scientific evidence currently available, to help doctors make appropriate choices about treatment of their patients' illnesses. The guidelines do not replace the judgment of the doctor. It is important to remember that each person is different, and the Clinical Practice Guidelines may not always apply to everyone.

1 WHAT IS H. PYLORI INFECTION?

Helicobacter pylori, also known as *H. pylori*, is a bacterial infection that commonly causes ulcers. It causes gastritis, duodenal ulcers and less commonly, gastric cancer.

The infection is more common in older people. Studies have shown that the most people infected with *H. pylori* may not have any symptoms.

2 HOW H. PYLORI INFECTION SPREADS

The precise way of transmission is not entirely clear. It is postulated that *H. pylori* spreads from person to person through oral-oral or faecal-oral exposure (eating contaminated food). *H. pylori* may be carried in human saliva and faeces (stools) too. It is thus common where there is poor sanitation.

3 HOW H. PYLORI INFECTION AFFECTS PEOPLE

H. pylori disturbs the protective layer of mucous in the stomach and this allows enzymes and toxins to damage the stomach cells, making the underlying stomach tissues more vulnerable to damage by digestive juices.

This causes chronic inflammation of the stomach walls (gastritis) which can develop into ulcers.

Studies have shown that *H. pylori* infection increases the risk of cancer.

H. pylori infection may also cause dyspepsia (pain or discomfort in the centre of the upper abdomen).

4 DIAGNOSIS OF H. PYLORI INFECTION

The tests available for the detection of *H.pylori* infection are **serological (blood) tests, urea breath test, biopsy urease test, histology, culture and stool antigen test.**

5 TREATMENT OF H. PYLORI INFECTION

Treatment is indicated in all patients with:

- gastric ulcers and duodenal (beginning part of the small intestine) ulcers which are infected with *H. pylori*
- a history of ulcer bleeding or perforation of the stomach.

Treatment may be considered (after appropriate investigations) for those with:

- dyspepsia who require long-term treatment with NSAIDs (pain-killers).
- dyspepsia without the presence of an ulcer.

Treatment involves taking two antibiotics together with a medication that reduces stomach acid for 7 days on a twice daily basis. This medication regimen has a cure rate of 90% or more, if closely followed.

The entire course of medication must be completed so as to completely cure the infection.

目 录

1	何谓幽门螺旋杆菌感染?	4
2	幽门螺旋杆菌感染如何散播	4
3	幽门螺旋杆菌感染如何影响患者	4
4	幽门螺旋杆菌感染的诊断	5
5	幽门螺旋杆菌感染的疗法	5

你也可浏览保健促进局网站 www.hpb.gov.sg 查阅资料。

本手册乃根据《幽门螺旋杆菌感染临床疗法指导原则》编订，主要是为幽门螺旋杆菌感染者、感染者家属及护理人员编写的，旨在协助他们了解病情及治疗方法。我们希望感染者、感染者家属及护理人员可以依据本手册，与医生讨论合适的治疗方法。

《临床疗法指导原则》根据当前最确凿的医学证据而提供指导原则，旨在协助医生就患者的病情做出适当的决定。不过，这些指导原则不能取代医生的诊断。请记住：个别患者各有不同之处。所以，《临床疗法指导原则》未必适用于所有患者。