



H. PYLORI

Helicobacter pylori

**Are you suffering from chronic heart burn and indigestion?
Flatulence? Bloating? Stomach pain?**

An *H. pylori* infection has common GI distress symptoms that are curable!



***H. pylori* - one of the world's most common bacterial infections.**

H. pylori is a bacteria that lives on the lining of the stomach, and it's estimated 1 out of 3 Americans are infected - often unknowingly - with *H. pylori*.¹



***H. pylori* is easily transmittable.**

H. pylori infection may be transmitted among family members and individuals in close contact.



***H. pylori* is linked to ulcers, in fact, 25 million Americans suffer from ulcers.²**

An ulcer is a sore or hole in the lining of the stomach or duodenum (the first part of the small intestine). People of any age can get an ulcer and women are affected just as often as men.



9 out of 10 ulcers are caused by untreated *H. pylori* infections.²

Medicines that reduce stomach acid may make you feel better, but symptoms may come back. Since most ulcers are caused by this bacterial infection, it can be cured with the right antibiotics.



The common GI distress symptoms of an *H. pylori* infection are often masked by taking common over-the-counter PPI and H2 Blocker medications.

Long-term PPI medication usage can cause health risks as well, leading to kidney damage.³



Long-term *H. pylori* infections are one of the strongest known risk factors of stomach cancer.

Gastric cancer risk is 6 times higher in *H. pylori* infected individuals.⁴

1. Fennerty, M. B. Helicobacter pylori: why it still matters in 2005. Cleveland Clinic Journal of Medicine, 2005; 72(Suppl_2), S1-7. https://doi.org/10.3949/ccjm.72.suppl_2.s1.

2. Centers for Disease Control. MMWR (October 1997) Knowledge About Causes of Peptic Ulcer Disease—United States, March–April 1997. <https://www.cdc.gov/mmwr/preview/mmwrhtml/00049679.htm>. Accessed June 9, 2022.

3. Chey, W. D., Leontiadis, G. I., Howden, C. W., & Moss, S. F. American College of Gastroenterology Clinical Guideline: Treatment of Helicobacter pylori Infection. American Journal of Gastroenterology, 2018; 113(7), p1102. doi: 10.1038/s41395-018-0132-6

4. Helicobacter and Cancer Collaborative Group. Gastric cancer and Helicobacter pylori: a combined analysis of 12 case control studies nested within prospective cohorts. Gut. 2001 Sep;49(3):347-53. doi: 10.1136/gut.49.3.347. PMID: 11511555; PMCID: PMC1728434.

Talk to your doctor about *H. pylori* today!



**Healthy Gut. Healthy Life.
And Well Ahead.**

Learn more at hpylori.org



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