

Do you suffer from any of these symptoms?

- Heartburn
- Nausea
- Bloating
- Vomiting
- Indigestion
- Stomach Pain

You may be infected with *Helicobacter pylori* (*H. pylori*)

Is it time to talk to your doctor?

These symptoms are usually blamed on things such as stress, diet, or lifestyle choices. When symptoms don't go away and disrupt your daily life, it could be something more serious called a *Helicobacter pylori* infection; also known as *H. pylori*.

It's important to learn about the risks of having *H. pylori* and when it's time to talk with your doctor about getting tested.



Helicobacter pylori (*H. pylori*)

H. pylori is a bacteria (germ) that lives in the lining of the stomach, and it's one of the world's most common bacterial infections.² It's estimated that **1 out of 3 people in the United States is infected**.²

Over-the-counter medications to manage stomach symptoms only provide temporary relief and might hide the *H. pylori* infection.

When *H. pylori* infections are not treated by a doctor, they can lead to long-term complications such as ulcers and even stomach (gastric) cancer. Although we used to think that spicy food, acid, and stress were the major causes of ulcers, we now know that **9 out of 10 ulcers are caused by the *H. pylori* bacteria**.³



Ulcers and *H. pylori*

An ulcer is a sore or hole in the lining of the stomach or the first part of the small intestine (duodenum). People of any age can get an ulcer. Additionally, women are just as likely as men to get an ulcer. **Over 25 million Americans suffer from ulcers**.³



How to know if you have an *H. pylori* infection

The only way to know if you have an *H. pylori* infection is to get tested. When talking with your doctor, it's important to share your symptoms, family history, and any medications you are taking.

This information, along with questions your doctor may ask, can help your doctor determine if you are at a greater risk for an *H. pylori* infection or if an *H. pylori* infection is causing your symptoms. Simple test options are available to determine if you are positive for *H. pylori*.

Reasons to get tested for *H. pylori*:

- « Ongoing unexplained stomach symptoms (eg, burning, bloating, belching)
- « Active ulcer(s) or a history of ulcers
- « Gastric cancer or a history of gastric cancer
- « Confirmation a previous *H. pylori* infection has been treated successfully



Treating *H. pylori*

H. pylori is usually treated with a combination of antibiotics and medications to reduce stomach acid to help heal the stomach and get rid of the infection.

Treatment may help to:

- « Improve symptoms
- « Decrease the number of medications taken daily
- « Reduce the risk of developing ulcers or stomach cancer



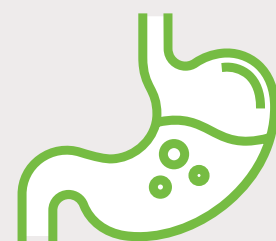
How to know if the *H. pylori* infection is gone

It's important to follow up with your doctor after finishing your medications. In some cases, you may be required to complete more than one round of treatment (antibiotics) to take care of the infection.

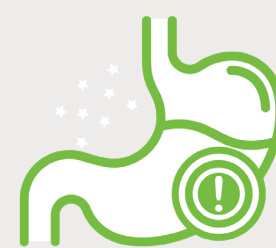
Therefore, your doctor should order a second test once you have completed your medications to confirm the *H. pylori* infection is gone. This is the **ONLY** way to know if the infection has been treated successfully, even if symptoms have gone away.



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people in the United States is infected with *H. pylori*



9 out of 10
ulcers are caused by *H. pylori* bacteria



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

Talk with your doctor about getting tested for *H. pylori*.

To learn more, visit
hpylori.org

1. *Helicobacter pylori* (*H. pylori*) infection - Symptoms and causes (2022, May 5). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/h-pylori/symptoms-causes/syc-20356171>

2. 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.

3. 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.