

Helicobacter pylori: Endoscopic outcomes revisited

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Aims and Objectives: The prevalence of ulcers in Helicobacter Pylori (HP) positive patients seems to have decreased in the present era. A retrospective analysis of patients with HP gastritis was undertaken to determine the spectrum of endoscopic findings associated with HP.

Materials and Methods: Patients with biopsy proven HP gastritis at index endoscopy were selected. Patients who had history of gastric surgery in the past were excluded. The endoscopy database was queried and the different endoscopic findings counted to determine prevalence.

Observations: A total of 688 patients were identified between October 2009 to April 2011 who had endoscopy at Harlem Hospital for different indications and were positive for HP on biopsy. Endoscopy revealed pangastropathy in 216 (31.3%), antral gastropathy in 261 (37.9%), focal gastropathy of the gastric body/cardia in 22 (3.19%) and normal gastric appearance in 129 patients (18.7%). Ulcers were found in 60 patients (8.7%). 42 had gastric ulcers, 18 had duodenal ulcers, and 4 had both gastric and duodenal ulcers. Single gastric ulcer was seen in 24 patients and multiple gastric ulcers were seen in 18 patients (n= 42). Single duodenal ulcer was seen in 15 patients and multiple duodenal ulcers were seen in 3 patients (n=18). Among patients with gastric ulcers, bleeding stigmata was noticed in 6 (0.87%, n=688). Visible vessel/oozing were seen in 4 and adherent clots were seen in 2. Among all patients with duodenal ulcers, bleeding stigmata was seen in 3 patients (0.43%, n=688) wherein, bleeding vessel was identified in 3 and adherent clot was identified in 1 patient. Intestinal metaplasia with/without dysplasia was found in 90 patients on gastric biopsies (13%, n=688) and histologic duodenitis was seen in 57 patients (8.2%, n=688).

Results: It is expected that 17% of patients with HP infection will develop PUD with major complications in 1-2 % in the natural disease course (Graham 1999). In our cohort the prevalence of these phenomena are less than half the expected rates. These findings point towards a change in the clinical paradigm of HP infection. Additionally, we did not see any case of gastric adenocarcinoma or lymphoma in the specified time interval. The latter finding is in concert with the observation by Correa et al (US Gastroenterol Hepatol Rev. 2011 June) of the phenomenon of 'African enigma' wherein gastric cancer prevalence in Africa is low despite high prevalence of infection with Helicobacter pylori.

Biography

Dr. Anand Gupta completed his Internal Medicine Residency at University of Connecticut and is currently undergoing his fellowship training in Gastroenterology at Harlem Hospital Center, New York, affiliated to Columbia University, New York.