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### **Epidemiology of the dramatic spread of diabetes mellitus world-wide; influence of *Helicobacter pylori* and a suggested strategy**

Abdullah M Nasrat<sup>1</sup>, Mohammad M Nasrat<sup>2</sup> and Salwa A Nasrat<sup>3</sup>

<sup>1</sup>KA University & Balghsoon Clinics, KSA

<sup>2</sup>Helwan General Hospital, Egypt

<sup>3</sup>Cardiac Surgery Academy, Egypt

**Aim:** Demonstration of the world's burden of diabetes mellitus (DM); it is not mainly on the account of type II diabetes.

**Background:** DM in developing countries has been lately described as the fire spreading in hay; giving the title "diabetic epidemic" an actual credibility. As much as the precise statistical revision strongly correlates between the prevalence of *H. pylori* and DM in developing countries, it also reveals that the world's challenge of diabetes flare up was not as such in these countries before the last two decades; that is before the antibiotic violence against *H. pylori*. *H. pylori* could get forced to migrate to the colon where it continues to produce ammonia for a reason or no reason leading to accumulation of profuse toxic amounts of ammonia un-opposed or buffered by any acidity. A condition of biological stress could be initiated which could lead to stress diabetes in predisposed individuals with consequent flare up of the diabetic phenomena.

**Patients & Methods:** 18 cases of newly discovered DM associated with *H. pylori* were included. Natural measures were used to relief dyspepsia and eradication of *H. pylori*.

**Results:** The diabetic condition has been successfully and permanently corrected in 17 patients.

**Conclusion:** The concept of biological stress considered in this study is not just hypothetical. In the light of recent findings, a revision of the current guidelines for the management of *H. pylori* and newly discovered DM may be needed.

#### **Biography**

Abdullah M Nasrat is a Research Scientist and has graduated from Faculty of Medicine/ Cairo University in 1975. He also has qualifications in general and vascular surgery in 1979 from Cairo University Hospital. He works as drug-free therapeutic consultant and chronic illness-control advisor. He is specifically interested in colon-care/colon-clear and blood-let out cupping therapy.

[abdullahalnasrat@yahoo.com](mailto:abdullahalnasrat@yahoo.com)