

Upper Gastrointestinal Endoscopic Findings and Helicobacter Pylori Status in Patients Presenting with Dyspepsia – A Cross Sectional Study in IRT, Prundurai Medical College, Perundururai

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1. Objectives

The aim of the study was to determine the prevalence of upper gastrointestinal findings and helicobacter pylori status in patients presenting with dyspepsia.

2. Materials and Methods

Study design and site

This was the cross sectional study carried out at IRT Perundururai Medical College between January 2017 to November 2018. Upper gastrointestinal endoscopy were done in our hospital, histological and laboratory tests on the specimens were performed at Pathology and Biochemistry department in our Collge IRT, Perundururai Medical College.

Study population

Male and female patients ages 18 years and above with the symptoms of dyspepsia attending the surgical OPD were included in the study .demographic information and clinical information was obtained from those who had dyspesia and consented to an upper gastrointestinal endoscopy. Helicobacter pylori was detected by urease test while he stain was used for histological evaluation of gastric biopsy specimen.

Inclusion Criteria

- 1) Male and female patients above 18 years with symptoms of dyspepsia.
- 2) Those who consented to undergo an upper gastrointestinal endoscopy.

Exclusion Criteria

- 1) Patients were excluded off they had severe respiratory ,renal ,cardiac ,liver ,pancreatic ,portal hypertensive disease .
- 2) Those who are pregnant and those found to have jaundice or gallstones were also excluded.

3. Results

Table 1

Total No. of Patients = 350 Male= 190 Female= 160		
Symptoms	No. of Cases	
	Male	Female
Upper Abdominal Pain	80	92
Vomiting	18	11
Nausea	22	18
Anorexia	10	06
Postprandial Fullness	28	16
Bloating	23	10
Early Satiety	09	07

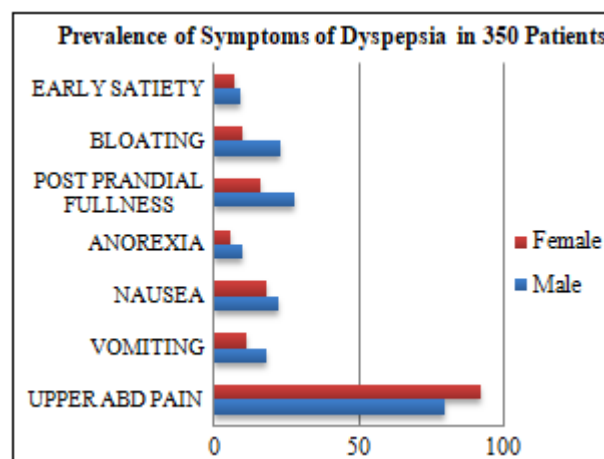


Table 2: Upper GI Endoscopy Findings

Endoscopic Findings	Frequency	Percentage
Gastritis	184	52.5
Duodinitis	38	10.
Oesophagitis	26	7.4
Oesophageal Candidiasis	11	3.1
Reflux Oesophagitis	18	5.1
Hiatus Hernia	09	2.5
Gastric Nodule	12	3.4
Gastric Ulcer	06	1.7
Normal	46	13.1

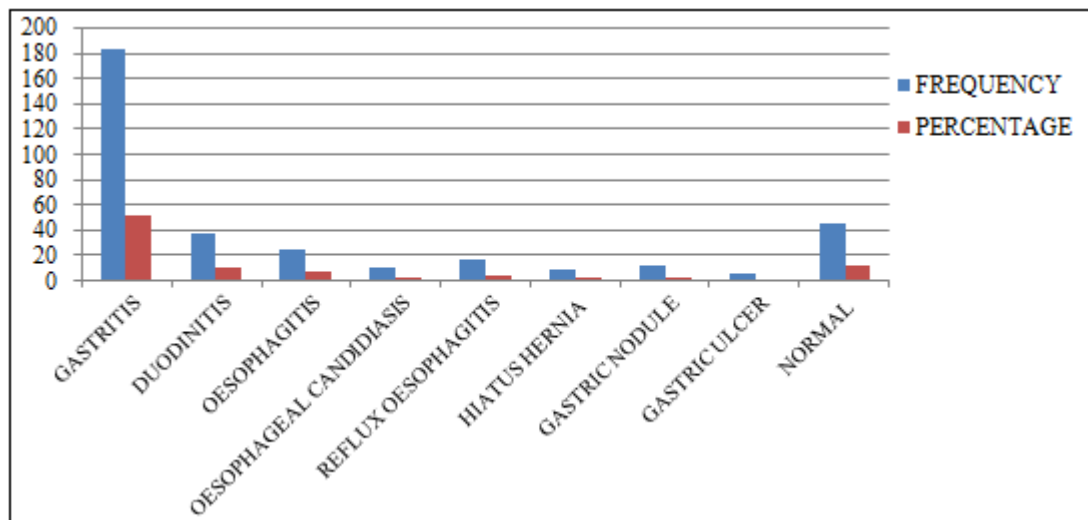


Table 3: Prevalence of H. Pylori and Association between H.Pylori Prevalence and Some Demographic and Clinical Characteristics

Total No. of Patients Tested for H.Pylori = 180	Male= 80	Female= 100
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H. Pylori Status		Positive	Negative
Sex	Male	80	56
	Female	100	68
Alcohol	Yes	48	33
	No	132	91
Smoking	Yes	36	28
	No	144	96
BMI	<25.0	68	42
	>25.0	112	84

Table 4: Prevalence of H.Pylori in Association with Endoscopic Findings of 126 Positive Patients

Endoscopic Findings	Frequency
Peptic Ulcer	38
Antral Gastritis	22
Duodenitis	16
Other Gastritis	20
Bile Reflux	06
Oesophageal Candidiasis	04
Gerd	12
Normal Study	08

4. Conclusion

In our cross sectional study, we found that upper abdominal pain is the most common symptom .gastritis accounts for 52.5% which is the most common endoscopic finding, prevalence of H. Pylori in alcohol patient accounts for 68.75% and in smoking patients 77.7% and most common endoscopic finding with positive H. Pylori infection is peptic ulcer. So upper GI endoscopy is standard for diagnosis of structural disease in a patient with dyspepsia. So by early detection and treatment the outcome of the patient may be better. Upper GI endoscopy is the investigation of the choice especially when radiology has been negative.