



**David D. Markowitz, M. D.**

Associate Clinical Professor of Medicine

161 Ft. Washington Ave., Suite 853

New York, NY 10032

T (212) 305 - 1024

F (212) 305 - 1039

[www.drdauidmarkowitz.com](http://www.drdauidmarkowitz.com)

## ***HELICOBACTER PYLORI (H. PYLORI)***

*Helicobacter pylori* is the ulcer-causing bacteria. Most patients with ulcers have *H. pylori* present in biopsies of their stomach. In addition to stomach biopsies, there are several other ways to detect the presence of this bacteria including blood tests, stool tests and breath tests. Each of these tests has their strengths and weaknesses. In addition to causing ulcers, *H. pylori* causes an increased risk of stomach cancer.

*H. pylori* infection is extremely common and in some parts of the world greater than two-thirds of the people have *H. pylori*. It is important to note that most people that have *H. pylori* will never develop either ulcers or stomach cancer, and most remain asymptomatic.

In most patients who have *H. pylori*, particularly if they have a history of ulcers, we recommend treatment to eradicate the bacteria. Treatment usually consists of a variety of antibiotics along with acid suppression therapy. Before starting the medication it is important to make sure you do not have any allergies to the medication prescribed.