

Peptic Ulcer Disease

Causes

- Helicobacter Pylori- spiral shaped bacteria that live in acidic environments and cause ulcers.
- Use of NSAID, Aspirin and related products
- Malignant Ulcers

Symptoms

- Abdominal Pain
- Gastric Ulcers- worse with meals
- Duodenal Ulcers which are usually relieved with meals
- Abdominal Fullness or Bloating
- Nausea and Vomiting
- Weight Loss
- Loss of Appetite
- Hematemesis (vomiting of coffee ground material)
- Melena- Tarry Stool
- Perforation of Stomach or Duodenum – Severe Pain

Work Up

- Upper GI Series- X-Ray of Stomach and Duodenum
- EGD- Endoscopy allows direct visualization, biopsy, and at times bleeding control, avoiding surgery

Treatment

- Antacid-Maalox, Mylanta
- H2 Blockers-Zantac, Pepcid
- Proton Pump Inhibitors- Prilosec, Prevacid, Nexium Aciphex, Protonix
- Treat Helicobacter Pylori with antibiotics