

Fast Facts

Peptic Ulcers

- Open sores that develop within your digestive system
 - Two types: gastric ulcers and duodenal ulcers
 - Gastric ulcers appear on the inside of your stomach
- Duodenal ulcers occur on the inside of the upper portion of your small intestines (duodenum)
- In either case, the acid from your stomach eats away at the inner surface, resulting in the sore
- Typically, you have a protective mucous layer that prevents this. However, if you have extra acid or a decreased amount of mucous production, it triggers an ulcer to develop
 - Two main culprits: Helicobacter pylori (H. pylori) bacteria and regular use of certain pain relievers, like aspirin and nonsteroidal anti-inflammatories (NSAIDs), which are ibuprofen, naproxen, and ketoprofen

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Burning stomach pain -Pain is worse on empty stomach -Feeling of fullness/ bloating/belching -Intolerance of fatty foods -Heartburn -Nausea <p><i>Severe Ulcer:</i></p> <ul style="list-style-type: none"> -Vomiting (especially vomiting blood, which can be red or black) -Dark blood in stools (or stools that are black or tarry) -Trouble breathing -Feeling faint -Unexplained weight loss -Appetite changes 	<ul style="list-style-type: none"> -Depends on cause -Reduce/eliminate NSAIDs or other medications -Antibiotics for H. pylori infection (ex. amoxicillin, clarithromycin, metronidazole, tinidazole, tetracycline, and levofloxacin) <p><i>Ulcer Specific Medications:</i></p> <ul style="list-style-type: none"> -Proton pump inhibitors (PPIs) -Acid blockers (histamine or H2 blockers) -Antiacids -Cytoprotective agents 	<ul style="list-style-type: none"> -Reduce pain relievers or try switching to something less irritative -If you need to take an NSAID, take the lowest dose possible and consider taking ulcer specific medications -Protect yourself from infections by washing your hands frequently and thoroughly with soap and water and eating foods that have been cooked thoroughly -Control stress -Don't smoke -Limit/avoid alcohol

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