

# Helicobacter Pylori (H. Pylori)

## General Information

Helicobacter pylori (H. pylori) is a bacteria that can cause an infection in the stomach. It is a common cause of painful stomach sores called peptic ulcers and a risk for stomach cancer.

It is found in about two-thirds of the world's population.

H. pylori bacteria is common and most people do not have any symptoms. If you develop symptoms, your doctor can test for H. pylori infection.

## Symptoms

You may have one or more of the following symptoms:

- an ache or burning pain in your abdomen (belly)
- nausea (upset stomach) and vomiting (throwing up)
- poor appetite
- weight loss.

Your symptoms may be mild to severe.

Call your health care provider if you have any of the above symptoms.

## Treatment

Your health care provider may give you antibiotics and proton pump inhibitors (medicine to reduce the production of acid in your stomach).

You may need to have a follow-up appointment to make sure the treatment worked.

## Prevention

In general, you can stay healthy by following these tips:

- wash your hands often
- drink safe, clean water
- eat food that has been prepared properly:
  - wash your produce well
  - heat or cool leftovers to a safe temperature
  - prepare your food in a clean area.

**Information adapted from the Control of Communicable Diseases Manual, 20th Edition, American Public Health Association, 2015.**