

MAY 2016 HEALTH TALK

TOPIC: PEPTIC ULCER DISEASE

This increasingly common condition previously known to be a non-communicable disease is now a confirmed communicable disease. It is caused in 90% of cases by an infectious organism called helicobacter pylori. This infectious agent is contacted from consumption of contaminated food or contact with the saliva of an infected person [e.g from kissing].

The major symptom of peptic ulcer disease is upper abdominal pain that can radiate to the back, is burning in nature and worsened by fasting/hunger or eating spicy meals. Other symptoms include nausea, vomiting and weight loss.

Understanding the fact that peptic ulcer disease is communicable and is caused by an infection means that treatment with antacids [e.g gestid] alone will not suffice. It is however a curable disease and will require evaluation by a medical doctor who will give appropriate medication to take care of both infection and symptom.

CMRS cares!!!