

ABILITIES OF NONPHARMACOLOGIC FACTORS IN THE TREATMENT OF PATIENTS WITH *HELICOBACTER PYLORI*-ASSOCIATED DUODENAL ULCER

Rustamov M.N.¹, Abbasov M.K.²

¹ *Belarusian State Medical University, Minsk, Belarus*

² *Neftechala Central City Hospital, Neftechala, Azerbaijan*

Introduction and Purpose. To investigate the effect of probiotics and mineral water in the treatment of patients with *Helicobacter pylori* (Hp) -positive duodenal ulcer.

Materials and methods. In this study 200 Hp-positive patients with duodenal ulcer were randomized into 4 groups, 50 patients in each. Hp infection was confirmed by a histological examination of samples obtained from the antrum and corpus of stomach during endoscopy and non-invasive Breath HELIK-Test. Intragastric and intraduodenal pH-metry, blood analyses also were performed. The following eradication regimens were recommended: Group I: 14-days twice daily oral administration of proton pump inhibitors (PPIs) in standard dose, amoxicillin 1000 mg, clarithromycin 500 mg, then 20-days twice daily PPIs plus once daily oral administration of probiotics, containing *Lactobacillus bulgaricus* DDS-14, *Lactobacillus rhamnosus*, *Lactobacillus acidophilus* DDS-1 and *Bifidobacterium bifidum* during one month; Group II: PPIs and probiotics once daily and alkaline hydrocarbonate-chloride sodium mineral water Essentuki-4 200 ml trice daily during one month; Group III: PPIs and probiotics once daily and chloride sodium mineral water Minsk-4 200 ml trice daily during one month; Group IV: probiotics and PPIs once daily during one month. Therapeutic success was confirmed by a negative histological examination and Breath HELIK-Test, performed in 4-12 weeks after therapy.

Results. In Group I dyspeptic complaints disappeared in 74%, and decreased in 20%. Disappearance of dyspeptic complaints was 78%, 76% and 74% in II, III and IV groups respectively. Decrease of dyspeptic complaints was 20%, 22% and 24% in II, III and IV groups respectively. The eradication rates were 82%, 80%, 78% and 68% in I, II, III and IV groups, respectively. Healing of duodenal ulcer was noted in 84%, 86%, 84% and 78% of cases, in I, II, III and IV groups, respectively. Intragastric and intraduodenal pH was significantly increased in all groups, especially in II. After treatment in II, III and IV groups significantly decreased alanine transaminase, asparagines transaminase, blood bilirubin, alkaline phosphatase, cholesterol and triglycerides.

Conclusion. Adding probiotics to standard triple therapy improves efficacy of eradication. The combined use of PPIs, probiotics and alkaline hydrocarbonate-chloride sodium mineral water is a highly-effective alternative therapy in patients with Hp-associated duodenal ulcer.



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