

## HEART FAILURE-IRON DEFICIENCY ANEMIA-HELICOBACTER PYLORI AXIS

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**Introduction and purpose.** One-third of all patients with heart failure have anemia, and its presence is associated with more symptoms, increased rates of hospitalization, and mortality. Anemia affects 25% of the global population, and iron deficiency is the predominant cause. The etiology of anemia is multifactorial, complex, and varies between patients. According to Maastricht V/Florence Consensus Report (2016) there is evidence linking *Helicobacter pylori* (Hp) to unexplained iron deficiency anaemia (IDA), idiopathic thrombocytopenic purpura (ITP), and vitamin B12 deficiency. In these disorders, Hp should be sought and eradicated. **PURPOSE:** To investigate the efficacy of *Helicobacter pylori* eradication in patients with unexplained chronic iron deficiency anemia unresponsive to oral iron therapy.

**Material and methods.** This study included 64 Hp-positive patients with unexplained chronic iron deficiency anemia, which were unsuccessfully treated with erythropoiesis-stimulating agents by hematologists. Endoscopy with biopsy, complete blood account were performed. *Helicobacter pylori* was confirmed histologically and non-invasive breath ammonium "HELIC-test". Next eradication regimen was recommended: 14-days twice-daily oral administration of PPI in standard dose, amoxicillin 1000 mg, clarithromycin 500 mg, then 20-days twice-daily PPI. Therapeutic success of *Helicobacter pylori* eradication was confirmed by a negative histological and non-invasive breath ammonium tests, performed in 4-12 weeks after discontinuation of therapy.

**Results.** Before treatment in all patients the levels of hemoglobin, erythrocytes and serum iron were 71-82g/l,  $3,41-3,55 \times 10^{12}/l$  and 7,3-7.8mkmol/l respectively. After eradication of Hp the levels of hemoglobin, erythrocytes and serum iron were 138g/l,  $5.11 \times 10^{12}/l$  and 11.2mkmol/l respectively.

**Conclusions.** Patients with unexplained chronic iron deficiency anemia unresponsive to oral iron therapy must be tested for *Helicobacter pylori* infection. The eradication of *Helicobacter pylori* infection by standard triple therapy increases the levels of hemoglobin, erythrocytes and serum iron. The eradication of *Helicobacter pylori* in patients with unexplained chronic iron deficiency anemia can be especially useful for improving of heart failure.



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