

Prevalence and Diagnosis of Helicobacter Pylori Infection in a Tertiary Hospital in the Kingdom of Bahrain

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ABSTRACT

Background: Helicobacter pylori, is a gram-negative bacterium. Helicobacter Pylori is one of the most common human infections in the world. It is a major cause of gastritis, gastric ulcer and gastric cancer.

Objective: To determine the prevalence of Helicobacter pylori infection in Bahrain and compare our prevalence with the prevalence of H. pylori infection in different countries through systemic review of the literature. We also attempted to determine the diagnostic tests used in Bahrain.

Setting: Salmaniya Medical Complex, Bahrain.

Design: Retrospective study.

Method: We conducted a retrospective study during one year interval from January 2018 to December 2018 for all gastric biopsies taken through endoscopy for dyspepsia, we determined the prevalence of H. pylori, and we also analyzed the diagnostic modalities used in our institution.

Result: A total of 942 patients had gastric biopsy, including 544(57.8%) females and 398 males (42.2%). A higher prevalence of H. pylori was found in men versus women (98/392) (25%) vs (110/536) (20.5%), respectively, which was statistically significant ($p < .00001$). The average age was 48.5. Out of 928 patients, 456 are >50 years (49.1%) and 472 patients are <50 years (50.9%). H. pylori prevalence was 22.4 % by histology and 38.5% by urea breath test (UBT). Among those with a result of both tests, there was 59.4% concordance.

Conclusion: This study revealed that the overall prevalence of H. pylori in patients with dyspepsia in our institute is 22.4%. The prevalence of H. pylori was higher in men. Concordance between histology and UBT was 59.4% in this group.

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