# Assessment of risk factors and efficacy of commonly prevailing eradication therapies in helicobacter pylori infected patients of Pakistan


## Abstract

**Background:** The prevalence of *H.* pylori and its associated risk factors as well as efficacy of eradication therapies against it, varies widely in different geographical regions. In the developing countries *H. pylori* infection is more prevalent, the assessment of efficacy of prevailing eradication therapies as well as risk factors is essential to decrease the epidemiology. The current study was aimed to study the prevalence of *H. Pylori* infection and efficacy of prevailing treatment therapies in the local population suffering from gastro-duodenal disorders.

**Method:** A total of 159 patients were enrolled to determine the prevalence and risk factors associated with *H. pylori* infection along with effectiveness of first line eradication therapies namely standard triple therapy and sequential therapy as well as second line eradication therapies which included levofloxacin based triple therapy and moxifloxacin based triple.

**Results:** The prevalence of *H. pylori* was found 72.3% in symptomatic population. The *H. pylori* infection rate was found significantly associated with source of drinking water, education level of people and low income ($p<0.05$). There was no association found with gender, age, BMI, marital status, presence of pets, sanitary conditions, addiction, crowding index, smoking and presence of cockroaches in house ($p>0.05$). The eradication rates for standard triple therapy, sequential therapy levofloxacin based therapy and moxifloxacin based therapywere 66.7%, 62.9%, 30.8% and 14.3% respectively.

**Conclusion:** In conclusion, the prevalence of *H. pylori* infection is very high in Pakistani population with gastro-duodenal diseases. Moreover, the resistance to prevailing first line and second line eradication therapies was also found very high in our region.