



Spectrum of Endoscopic Findings in Patients with *Helicobacter Pylori* Infection in a Nigerian Tertiary Institution



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Introduction

Helicobacter pylori (*H.pylori*) is the most common cause of chronic infection of humans. It is a major cause of gastroduodenal disease. Africa has the highest infection prevalence of 70%. Nigeria in West Africa records the highest country prevalence of 87.7% followed by Portugal with 86.4%.

Aim: We determined the spectrum of endoscopic findings in patients with *H.pylori* infection who presented at the University of Calabar Teaching Hospital, Nigeria.

Materials and Methods

We carried out a retrospective hospital-based study among patients aged ≥ 18 years with dyspepsia who presented at the University of Calabar Teaching Hospital between April 2018 and April 2022. *H. pylori* was evaluated using non-invasive tests (urea breath test and fecal antigen test). Patients who tested positive for *H. pylori* and were further assessed with upper gastrointestinal endoscopy were included in the study.

Demographics, clinical data, and endoscopic findings were extracted for analysis. A descriptive analysis of data obtained was carried out using SPSS version 20.

Results

One hundred and twenty-nine (129) patients tested positive for *H. pylori* infection out of the two hundred and eighty dyspeptic patients evaluated during the period under study. Fifty-two (52) out of 129 dyspeptic patients who tested positive for *H.pylori* were evaluated with upper gastrointestinal endoscopy and thus met the inclusion criteria. Thirty-one (59.62%) were males, and 21 (40.38%) were females. The mean age was 45.65 years, with a range of 21-76 years.

Upper gastrointestinal endoscopy carried out on the patients revealed predominantly gastritis in 37 (71.15%), with gastritis involving the corpus and the antrum being the most typical form. Others were pan-gastritis and duodenitis in 4 (7.7%), esophagitis in 4 (7.7%), gastric ulcer in 3 (5.8%), and duodenal ulcer in 2 (3.8%), and gastric tumor in 2 (3.8%).

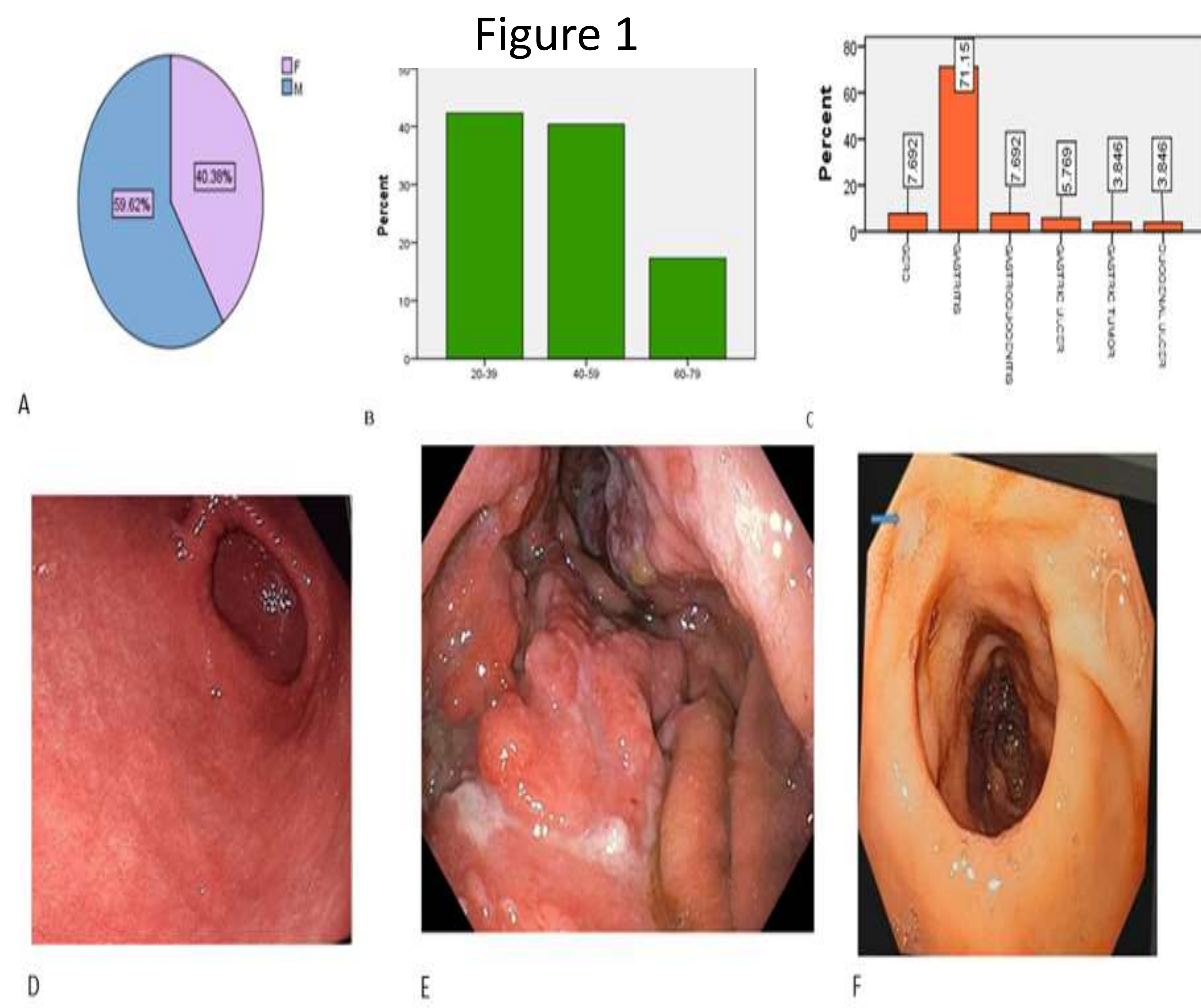


Figure 1
 A – Sex distribution of the study population
 B – Age distribution of the study population
 C – Endoscopic findings of the study population
 D – Endoscopic image showing a widespread patchy redness involving the corpus and the antrum
 E – Endoscopic image of fungating gastric mass involving the body and the antrum
 F – Endoscopic image of a Forest III gastric ulcer located on the lesser curvature

Variables	N = 52	Percentage %
Educational Status		
No formal education	0	0
Primary	5	9.6
Secondary	7	13.5
Tertiary	40	76.9
Marital Status		
Single	12	23.1
Married	39	75.0
Widow	1	1.9

Conclusion

Gastritis was the predominant endoscopic finding with two patients having gastric cancer. This finding is particularly significant because of the risk of progression of chronic gastritis to atrophic gastritis, intestinal metaplasia and gastric cancer in some patients with *H. Pylori* infection. We recommend further studies to unravel the concept of African enigma.