

Test for *H. pylori* before prescribing proton pump inhibitors

Proton pump inhibitors (PPIs) are used to alleviate gastrointestinal (GI) symptoms such as dyspepsia, but may be masking and prolonging something more serious, like an *H. pylori* infection.

Helicobacter pylori (*H. pylori*) is a bacterium found in the stomach lining. An infection with *H. pylori* is linked to more severe upper gastrointestinal (GI) conditions, including chronic gastritis, peptic ulcer disease, and gastric cancer.¹



Proton pump inhibitors are one of the most used medications in the world

- Approximately 60% of adult patients are already taking a PPI when they initially present with GI symptoms³
- The annual expenditure on PPIs in the U.S. is \$11 Billion⁴



Nearly two-thirds of PPI users have no clear indication of use²

- Up to 33% of patients who initiate PPI treatment continue to refill their prescriptions without an obvious indication for maintenance therapy⁵
- PPIs are commonly indicated for short-term therapy, but patients typically stay on prescription PPI therapy for an average of 180 days⁶



Prolonged PPI (prescription and/or OTC) usage shows dramatically higher incidents of kidney disease or even kidney failure⁷

- 31% increase in the risk of hip fractures, 54% increase in the risk of vertebral fractures, and kidney disease or even kidney failure^{7,8}
- 74% higher risk of nosocomial *C. difficile* in patients using a PPI daily⁹



Patients with long-term usage of PPIs (>1 month) should be tested for *H. pylori*

- 1 out of every 4 patients on PPI therapy is *H. pylori*-positive and can potentially be removed from PPI use¹¹
- ACG and AGA recommend patients suspected of having an *H. pylori* infection first be tested with non-invasive test for active infection prior to prescribing PPIs^{1,11}

H. pylori is 1 of 4 common infections that leads to cancer - it is preventable with early detection⁶

To learn more visit meridianbioscience.com/hpylori-resource-center

1. Chey WD & Wong BCY. Practice Parameters Committee of the American College of Gastroenterology. American College of Gastroenterology guideline on the management of *Helicobacter pylori* infection. Am J Gastroenterol. 2007; 102(8):1808-1825. 2. Targownik, L. E., Fisher, D. A., & Saini, S. D. AGA Clinical Practice Update on De-Prescribing of Proton Pump Inhibitors: Expert Review. Gastroenterology, 2022; 162(4), 1334–1342. <https://doi.org/10.1053/j.gastro.2021.12.247> 3. Data on file. Otsuka America Pharmaceutical, Inc. 4. Heidelbaugh JJ, et al. Overutilization of proton-pump inhibitors: what the clinician needs to know. Therap Adv Gastroenterol, 2012 Jul; 5(4): 219-232. 5. Acid-reducing medicines may lead to dependency; EurekAlert! The Global Source for Science News, AGA 2009. Available at: http://www.eurekalert.org/pub_releases/2009-07/aga-amm062909.php 6. The Lancet. Chronic disease management in aging populations. May 19, 2012, vol 379(9829): p1851. doi: [https://doi.org/10.1016/S0140-6736\(12\)60790-9](https://doi.org/10.1016/S0140-6736(12)60790-9) 7. Lazarus B, Chen Y, Wilson FP, Sang Y, Chang AR, Coresh J, Grams ME. Proton Pump Inhibitor Use and the Risk of Chronic Kidney Disease. JAMA Intern Med, 2016;176(2):238–246. doi:10.1001/jamainternmed.2015.7193 8. Eom CS, Park SM, Myung SK, Yun MJ, Ahn JS. Use of acid-suppressive drugs and risk of fracture: a meta-analysis of observational studies. Ann Fam Med. 2011; 9(3):257-267. 9. Howell MD, Novack V, Grgurich P, et. al. Latrogenic gastric acid suppression and the risk of nosocomial Clostridium difficile infection. Arch Intern Med. 2010; 170(9):784-790. 10. Hashem B. El-Serag, et al. Houston Consensus Conference on Testing for *Helicobacter pylori* Infection in the United States. Clinical Gastroenterology and Hepatology, 2018; 16:992–1002 [https://www.cghjournal.org/article/S1542-3565\(18\)30268-4/fulltext](https://www.cghjournal.org/article/S1542-3565(18)30268-4/fulltext) Abbreviations: American College of Gastroenterology (ACG), American Gastroenterological Association (AGA), Proton pump inhibitors (PPIs)