Dyspeptic Symptoms in Patients with Type 2 Diabetes Mellitus: *Helicobacter pylori* Infection and Its Associations with Metabolic Control

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Received date: November 28, 2017; **Accepted date:** December 11, 2017; **Published date:** December 18, 2017

Abstract

Aim: *Helicobacter pylori* (Hp) is the causative agent of the most common chronic infection in the world. The close association of Hp with gastric and duodenal ulcer, gastric cancer and MALToma has been proven. Besides, there are numerous studies reporting the coexistence of Hp with diabetes mellitus, coronary artery disease, idiopathic thrombocytopenic purpura, and iron deficiency anemia.

Material-Methods: This study was conducted on 205 diabetic patients including 75 male and 130 female individual with dyspeptic complaints. The endoscopic biopsy specimens of these patients were investigated for the presence of Hp. Also, histochemical examinations were carried out. The patients were divided into two groups, namely, Hp-positive and Hp -negative group. The *Helicobacter pylori* positive group was divided into three subgroups as follows based on their bacterial intensity: Hp density-1, Hp density-2, Hp density-3 groups to compare metabolic parameters between subgroups.

Results: A total of 205 diabetic patients enrolled in the study. The mean HbA1c levels of the patients without Hp was 7.59 ± 1.66 while that of the patients with Hp was found to be 7.57 ± 1.77. No statistically significant difference was detected between these two groups. Likewise, no statistically significant difference was observed in terms of HbA1c levels among the groups when they were classified according to Hp density.

Conclusion: In this study, we investigated metabolic outcomes of the coexistence of two commonly occurring entities, a chronic infection and a chronic disease. No relationship was detected regarding the presence of *Helicobacter pylori* and its intensity with the metabolic parameters mainly the HbA1c levels of diabetic people.

Keywords:

Introduction

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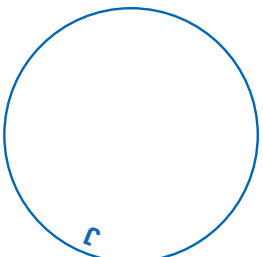

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