# **PEPTIC ULCER**

**INTRODUCTION:**

* Strong acid (HCL)produce irritation and increase the acid level. Cause due to digestive system or track because of helicobacter present in stomach.
* Inflamation occur because of irritation.
* It is present inside linning of easophagus.

**TYPES**:

1. **Gastric ulcer :**

* Forms in stomach lining
* Pain usually increase after eating
* More common in older adults

1. **Esophagal ulcer:**

* Sore in the lining of esophagus

1. **Deodenum ulcer:**

* Occcur in first part of small intenstine
* Pain usually occur after eating food and return later
* More common in younger people

**ETIOLOGY:**

* Smoking
* Stress
* Junk food
* Exessive alcohol consumption
* Genetic factors
* Cancer of stomach

**PATHOGENESIS:**

Bacteria (H. pylori) enter in stomach.

attack on mucus layer to damage them.

H. pylori and NSAIDs damage the mucus layer.

Damage tissue cause inflammation (gastritis).

Continue damage leads to the formation of an sore (ulcer)

**SYMPTOMS**:

* Abdominal pain
* Heartburn
* Belching
* Nausea
* Vomitting
* Anorixia

**COMPLICATION OF PEPTIC ULCER:**

* Obstruction- Pyloric stenosis and duodenal sterosis
* Hemorrhage- blood in stool; if chronic- leads to anemia
* Perforation
* Malignant transformation to carcinoma

**TREATEMENT :**

* Stop smoking
* Avoid spicy or acidic food
* Manage stress
* Avoid pain killer
* Medication - Antibiotics