Screening and Preponderance of Peptic Ulcer and its Contributing Risk Factors Among Basrah City Residents in Iraq

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Abstract

Background: With the recent widespread use of over-the-counter drugs, there has been a noticeable increase in the occurrence of gastrointestinal discomfort and peptic ulcer disease. However, peptic ulcer is a highly complex disorder resulting from an imbalance between gastric destructive and protective factors.

Objective: To identify the risk factors of peptic ulcer disease.

Methods: This study was organized at Al-Basra teaching hospital and Al Sader teaching hospital in Basrah city, Iraq. Medical records and questionnaires were filled by patients undergoing diagnostic and therapeutic upper gastrointestinal endoscopies following their gastric discomfort complaints. Information related to patients, disease history, and medication history for six months prior to endoscopy procedures was collected.

Results: A total of 476 patients were identified, including 246 (51.7%) patients with endoscopically diagnosed peptic ulcers and 230 (48.3%) patients without peptic ulcers. The population was predominately male and there were significant differences between age groups. Smoking correlated with high relative risk; however, alcohol drinking had no significant role as a causative factor. The most extensively used drugs by patients who complained of peptic ulcers include NSAIDs, iron supplements, corticosteroids, and anti-platelet agents. A small number of patients were treated for hypertension and diabetes, which were correlated with peptic ulcer risks. The presence of H-pylori infections was significantly associated with peptic ulcer diagnosis.

Conclusion: The risk of peptic ulcer disease appeared to increase with chronic medication use and smoking, which aggravate the contributing risk by H-pylori infections.