



BÖLÜM 4

MİDE HASTALIKLARINDA HELİKOBAKTER PİLORİ VE ROLÜ

Aslı KARA¹

1. GİRİŞ

Helikobakter pilori (H. pilori), yaklaşık 3.5 mikron uzunluğunda ve 0.5 mikron genişliğinde, spiral şekilli, mikro aerofilik, gram negatif bir bakteridir (1). H. pilori insanlarda en sık görülen kronik bakteriyel enfeksiyonlardandır (2,3).

H. pilori enfeksiyonuna yakalanma riski, yaşamın erken dönemlerinde sosyo-ekonomik durum ve yaşam koşulları ile ilişkilidir. Aşırı kalabalık, çoklu kardeş sayısı, aynı yatağı paylaşma ve akan su eksikliği gibi faktörlerin tümü, H. pilori enfeksiyonunun daha yüksek bulaşma oranıyla ilişkilendirilmiştir (2,3).

H. pilori enfeksiyonu tuzlu gıda tüketimi olan hastalarda kalıcı olabilmektedir (4,5). Yapılan çalışmalarda H. pilori enfeksiyonu pozitif olan hastaların artan tuzlu gıda tüketimi mide kanseri riskini artırdığı saptanmıştır (6,7). H. pilori enfeksiyonuna kalıtsal yatkınlık kanıtlanmamıştır (8). H. pilori, fekal/oral veya oral/oral maruziyet yoluyla kişiden kişiye bulaşmaktadır (9,10). Başarılı anti-bakteriyel tedavinin ardından H. pilori re-enfeksiyonu çok nadirdir. Enfeksiyonun nüksetmesi genellikle yeni bir H.pilori suşuna bağlı olarak ortaya çıkmaktadır (11,12).

¹ Uzm. Dr., Sağlık Bilimleri Üniversitesi Erzurum Bölge Eğitim ve Araştırma Hastanesi İç Hastalıkları AD., dr.aslikara@hotmail.com

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