



The Use of Probiotics in the Eradication Treatment of Helicobacter Pylori

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Helicobacter pylori (HP) is a bacterium with a high incidence, especially in developing countries. It can be detected at a high rate even in people who do not have gastric complaints. It is involved in the pathogenesis of gastritis, ulcer, gastric lymphoma and gastric cancer. The European Maastricht V/Florence consensus statement stipulates accordingly that any person with H. pylori infection should undergo treatment to eradicate [1]. Today, triple or quadruple therapy based on PPIs combined with amoxicillin and clarithromycin is recognized as a first-line treatment of H. pylori. However, discontinuing the treatment due to antibiotic resistance and side effects is an important problem. Side effects such as allergy due to antibiotics, diarrhea, abdominal pain, metallic taste are common. Probiotics are effective in reducing the side effects of antibiotics. In addition, its effects against the HP pathogen have been known for a long time. Lactobacillus secretes metabolites that reduce H. pylori's urease activity [2]. Lactobacillus attenuates CagA translocation and phosphorylation, leading to a reduction in H. pylori-induced inflammation of gastric epithelial cells [3]. Lactobacillus strains reduce H. pylori colonization [4]. Bifidobacterium inhibits H. pylori adhesion to intestinal mucus by site competition and has been shown to reduce IL 8 levels in in vivo studies and reduce in vivo-in vitro H. pylori activity [5]. In a study we conducted, we found that the combined use of lactobacillus and bifidobacterin significantly reduced the rate of side effects and the rate of discontinuation due to side effects decreased. In addition, we found that the eradication rate increased from 68% to 89% when probiotics were added to the classical triple therapy [6]. With all these data, we recommend the use of probiotics in the treatment of HP.

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