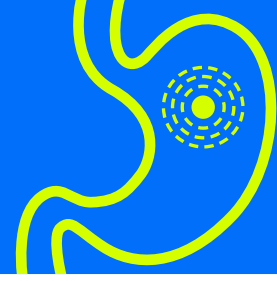


H-PYLORI



Do you support someone with a learning disability who is showing signs of abdominal upset or pain? They could have a bacterial infection known as **Helicobacter Pylori (H-Pylori)**.

What is it?

H-Pylori is a bacterial infection that can damage the stomach's protective lining. If left untreated, this can result in further complications such as gastritis, gastric ulcers and even gastric cancer.

This infection is **much more common in people with learning disabilities**. Therefore, it is essential to remain vigilant for possible underlying serious illness when there is any unexplained weight loss, or abdominal upset or pain.

Symptoms to look out for!

- Reflux
- IBS
- Anaemia
- Belching/gas/wind
- Nausea/vomiting
- Bloating
- Constipation
- Loss of appetite
- Irregular bowel movements
- Stomach cramps
- Increased agitation/physical aggression
- Unexplained weight loss

What to do if someone is showing signs of abdominal upset or pain:

If someone you support is showing symptoms of H-Pylori it's important that you get them tested. There are three main ways to test for H-Pylori (blood test, stool test and breath test) but the most common is via stool sample. H-Pylori is treatable and easily managed for the majority when unexplained symptoms are addressed early.

Follow the steps below if you have an expected case of H-Pylori:

1. Contact GP explaining symptoms
2. You may be asked for a stool sample from the individual
3. Send sample to GP who will send off for testing
4. If positive appropriate treatment will be issued

How are H-Pylori infections treated?

Using medication to treat H-Pylori infection typically involves a combination of antibiotics and a proton pump inhibitor (a drug that reduces your stomach acid) for up to 14 days. As H-Pylori can cause other issues such as peptic ulcers, the person may require further investigations after the treatment has finished, depending on other symptoms.