ASSOCIATION OF HELICOBACTER PYLORI INFECTION AND IRON DEFICIENCY ANEMIA

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Abstract

Introduction: There is an association between Helicobacter pylori (HP) infection and incidence of unexplained Iron deficiency anemia (IDA), but the mechanisms remain unclear. One of the probable causes is the iron regulatory hormone hepcidin.

Materials and methods. 102 patients with IDA were enrolled in the Sumy Primary Care center #1. The diagnosis was verified with a set of data from blood test. HP contamination was confirmed by the 13C-urea breath test.

Results. At the beginning of the research we provide Fe therapy to all the patients. In most of patients with weak response for oral Fe therapy was detected HP contamination ($p<0.05$). It was found that patients with HP infection have lower levels of serum Fe and ferritin as far as hemoglobin and RBC ($p<0.05$). It was also found that the level of hepcidin was significantly higher in the patients with comorbidity (84.2±6.5 pg/ml vs 62.1±5.1 pg/ml). In all of patients IDA recovery was detected at the 6-weeks follow-up visit after HP-eradication ($p<0.05$). This corresponded with the reduction of hepcidin level in this group (19.8%, $p<0.05$)

Conclusion. Hence, the contamination of the HP is likely to be a cause of unexplained cases of IDA, and successful eradication therapy can increase efficiency of refractory iron IDA therapy**.**

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