



A Brief Study on Peptic Ulcer Disease

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INTRODUCTION

Peptic ulcer disease occurs when there is a damage or break in the inner wall of stomach or in the inner wall of intestine. Peptic ulcer disease is also caused when there is a damage in the in the oesophagus. When an ulcer occurs in the intestine then it is called as gastric ulcer and the ulcer in the stomach is identified as gastric ulcer.

ABOUT THE DISEASE

Peptic ulcers are classified according to the location where they are located The cause or occurrence of this peptic ulcer disease is due to the presence of helicobacter pylori. It also occurs when there is an administration on or intake of non-steroidal and anti-inflammatory drugs. The rare cause of peptic ulcer disease is due to tobacco smoking and also by the stress that is taken in some health conditions. The other cause foe peptic ulcer is of diet when there is a consumption of more spicy food it may lead to ulcers. Peptic ulcer disease also occurs in people who has zollinger syndrome. Older people are more prone to peptic ulcer disease because of the intake of non steroidal and anti inflammatory drugs. ulcers mainly occurs when there is a damage in the inner lining of intestine and stomach in which the damage occurs due to digestive juices. Symptoms of peptic ulcer disease includes mainly loss of appetite, bloating stomach and burping these are the main common symptoms in the peptic ulcer disease. Weight loss is also one of the complication

in peptic ulcer disease. The diagnosis or peptic ulcer disease can be detected by performing endoscopy, barium swallowing and certain test are done for the detection of helicobacter pylori like urea breath test, stool antigen test and also certain times biopsy. The serious complications of peptic ulcer disease is internal bleeding which may leads to anaemia. The first line treatment of peptic ulcer disease includes mainly antibiotics to stop or inhibit or to eradicate the helicobacter pylori. proton pump inhibitors shows more effective in treating ulcers. Non steroidal and anti inflammatory drugs should be stopped when the peptic ulcer disease has been detected.

CONCLUSION

Management of peptic ulcer disease can be done by limiting or stopping of alcohol intake and also cessation of smoking should be done to avoid further damage or spread of the disease. Avoid milk consumption as consumption of milk may provide temporary relieving of pain but it as it is acidic in nature it produces digestive enzymes and juices in which it can be more damage or further spread of the ulcer. Antacids are the medications which are prescribed in peptic ulcer disease only for temporary effect in decreasing the pain in peptic ulcer disease. Avoid spicy foods and fast foods to inhibit the peptic ulcer disease. If peptic ulcer disease has been occurred seriously then surgery is one of the most important thing to be performed and also if there is a failure in the management of peptic ulcer disease with the medication then surgery is the foremost thing to be done.

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