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Histological findings in a *Helicobacter pylori* infected dyspeptic patient population

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Objectives: The objective of this study was to compare endoscopic and histological findings with *H. pylori* infection in a dyspeptic patient population in Sri Lanka.

Methods: Eighty four dyspeptic patients who underwent upper gastro intestinal endoscopy at Endoscopy unit at Colombo South Teaching Hospital were enrolled. Two biopsy specimens were collected from the antrum during endoscopy. A biopsy was used for PCR targeting the glmM gene to identify *H. pylori* infection. The other specimen was fixed in formalin followed by paraffin embedding and stained with H&E stain. Histopathological changes were examined and gastritis was classified microscopically according to the modified Sydney system.

Results: Of the 84 dyspeptic patients 17 were positive by PCR and 15 patients were positive by histology for *H. pylori* infection. *H. pylori* infection was seen in 18% (11/62) of antral gastritis patients, 17% (2/12) of patients with gastric ulcer, 29% (2/7) of patients with gastric ulcer and gastritis. In the study population three patients had duodinitis but were negative for *H. pylori* infection. Of the total study population 69 had mild to moderate chronic non specific gastritis and 15 had *H. pylori* associated chronic gastritis according to histopathology. None of study population had gastric atrophy, mucosal ulceration or metaplasia by histological findings. All the biopsies of *H. pylori*-positive patients had infiltration of mononuclear cells and neutrophils.

Conclusions: The results show that 18% of patients with dyspeptic symptoms had *H. pylori* associated active chronic gastritis.