[Helicobacter pylori 2006: how to test, when to treat]

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The role of Helicobacter pylori in peptic-disease, gastric adeno-carcinoma and the MALT-lymphoma is established. The H. pylori diagnostics and the eradication therapy are highly disputed in patients with dyspepsia. An endoscopy is recommended to patients older than 45 who have dyspeptic disorders. Non-invasive testing and treatment is an adequate option to those patients younger than 45, if no alarm symptoms exist. The H.pylori serology, the 13C-breath test and the stool-antigen test have proven to be the best in laboratory testing. The therapeutic regimen of H. pylori eradication consists of a proton pump inhibitor (PPI) and two antibiotics, though it isn't always successful. After a second treatment failure, a H. pylori culture is indicated to assess the antibiotic resistances.