

Gastritis

What is it?

Acute or chronic inflammation, irritation or erosion of the stomach mucosa

Risk factors

- H Pylori infection (most common)
- NSAID use (prolonged)
 - o Compounded by glucocorticoids
- Excessive alcohol intake
 - o Smoking to a lesser extent
- Bile reflux
- Others:
 - o Autoimmune gastritis
 - o Ischemic causes
 - o Inflammatory bowel disease

Symptoms

- Stomach pain/discomfort
- Reflux
- Nausea
- Possible post-prandial fullness/early satiety
- Haematemesis/Melena (more severe)
- Symptoms of secondary anaemia

Treatment and Prevention

Prevention + Lifestyle intervention:

- Alcohol reduction
- Smoking cessation
- Reduce substances which may exacerbate symptoms
 - o Coffee
 - o Spicy foods

Treatment:

- Proton pump inhibitor
- Antacids
- H Pylori elimination therapy if indicated
 - o Amoxicillin + Clarithromycin + esomeprazole/omeprazole