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Probiotics as an adjunct treatment in the eradication of *Helicobacter pylori* infection: A meta-analysis study

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Introduction: *Helicobacter pylori* (HP) infection accounts for majority of cases of dyspeptic conditions with a prevalence rate of approximately 51.7% in the Philippines as of 2013. Mainstay of treatment has been the standard combined therapy consisting of a Proton Pump Inhibitor (PPIs) plus clarithromycin and metronidazole or amoxicillin. Probiotics, are live microorganisms, which when administered in adequate amounts, modulate the gut microbiome in the host. There are several studies which show that the addition of probiotics to the treatment regimen of HP infection could lead to higher eradication rate.

Aim: This is a meta-analysis study intends to determine the effect of the addition of probiotics compared to the conventional treatment of HP infection.

Methodology: Electronic databases used were PubMed, Cochrane Library, and Google Scholar and other targeted web searches. The search was limited to human studies only from the years 2002-2013, 10 studies were included. This review included patients who were randomly screened to have *H. pylori* infection, regardless of gender, with no age restriction. The interventions used were a combination treatment of triple therapy with probiotics and treatment of triple therapy alone as the control group. Outcome was measured by determining HP eradication rates between the two groups. Data will be analyzed using RevMan 5.

Results: In this meta-analysis with a combined total of 1,038 patients, 54% of patients were assigned to the triple therapy plus probiotic group and 46% under the standard triple therapy alone. Results showed an increased eradication rate of HP from 71% in the triple therapy alone group compared to 82% in the triple therapy group plus probiotics (P value-0.00001).

Conclusion: This meta-analysis of 10 RCTs involving 1,038 patients showed that the addition or supplementation of a probiotic to the standard treatment regimen for *Helicobacter pylori* infection significantly improved eradication rates (P value-0.00001).

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