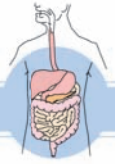


Digestive and Liver Center of Florida, P.A.



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Patient Appreciation Day:

You are cordially invited to join our Physicians and Staff for breakfast at our Patient Appreciation Events in our office! Please call today to get more information and R.S.V.P. for this regularly scheduled event.

Hepatitis Support Meetings:

Come and learn valuable information on Hepatitis to take better care of yourself and your family members! Refreshments and Appetizers will be served. This group meets every other month on Mondays, please call our office today to get more information about the next scheduled meeting.

**Please call our office at
407-384-7388**

Align®, the #1 Gastroenterologist recommended probiotic can restore the natural balance of your digestive system. With Align, you can have more freedom to travel, eat out, and enjoy life without the same worry of occasional digestive upsets that can come from having a digestive imbalance due to changes in diet, schedule, travel, stress, or other factors. Align is a daily dietary supplement that helps restore your natural digestive balance with ongoing probiotic protection. Align is an easy-to-swallow capsule that contains Bifantis®, a unique patented probiotic, that you take just once a day, each day, to help bring peace to your digestive system. When taken each day, Bifantis replenishes the digestive tract with beneficial bacteria, thus helping to build and maintain a healthy digestive system—providing ongoing protection against occasional digestive upsets. **Please discuss Align with your doctor for its use and indications.**



UPCOMING ISSUE:

Food Allergies

PATIENT CORNER

Additional Resources on H.pylori:

The Helicobacter Foundation:

www.helico.com

Centers for Disease Control and Prevention:

1.888.698.5237

www.cdc.gov/ulcer

National Institute of Diabetes and Digestive and Kidney Diseases:

www.digestive.niddk.nih.gov/ddiseases/pubs/hpylori/index.htm

Cancer Institute:

1.800.4.CANCER

www.cancer.gov

American College of Gastroenterology:

703.820.7400

www.acg.gi.org/patients

Continued from reverse side...

anti-inflammatory class of medicines that include aspirin and other over-the-counter pain relievers commonly used for arthritis and other conditions. Recently researchers have discovered that H. pylori is actually the cause for many, if not most ulcers.

An ulcer is a defect in the lining of an organ, in this case, the stomach or duodenum (the first portion of the small intestine). The most common ulcer symptom is a burning pain in the abdomen. The pain often happens when the stomach is empty and may be relieved by eating food or taking antacids. Sometimes ulcers bleed. If the bleeding is heavy, blood may appear in vomit or bowel movements, which may appear dark red or black. H. pylori can also cause a painful inflammation of the stomach called gastritis. The symptoms of gastritis are upper-abdominal burning/pain, bloating, and discomfort.

Long-term infection of the stomach with this bacterium may

lead to chronic atrophic gastritis (inflammation and damage to the lining of the stomach), which in turn is a risk factor for precancerous changes and cancer of the lining of the stomach. H. pylori infection is also associated with another type of stomach cancer involving white blood cells, called lymphoma. Despite these risks, the vast majority of people who carry this bacterium in their stomachs never develop cancer.

H.PYLORI: TREATMENT

Recent studies suggest that treating H. pylori when ulcers are not present may actually worsen reflux disease.

The H. pylori bacteria create a buffer zone around themselves that allows them to live in the highly acidic environment of the stomach. Medication given to eradicate H. pylori alone can interfere with that buffering base, causing patients to experience more reflux symptoms. If ulcers are present, a regimen of antibi-

otics are given to kill the bacteria and allow the ulcer to heal. Treatment with antibiotics can actually cause regression of some of the lymphomas that occur in these patients.

How important is it to comply with the medications given for H.pylori?

It is very important to comply with the medications. Studies have shown that poor compliance leads to poor eradication of H.pylori. Therefore, the better the compliance, the more likely the H.pylori will be eradicated.

What results can you expect from eradicating H.pylori?

If the H.pylori was the cause for ulcer or gastritis, you can expect a marked improvement in your gastrointestinal symptoms, a reduced need for antisecretory medications and reduced chance of recurrence of ulcers.