

PATIENT EDUCATION CONTENT

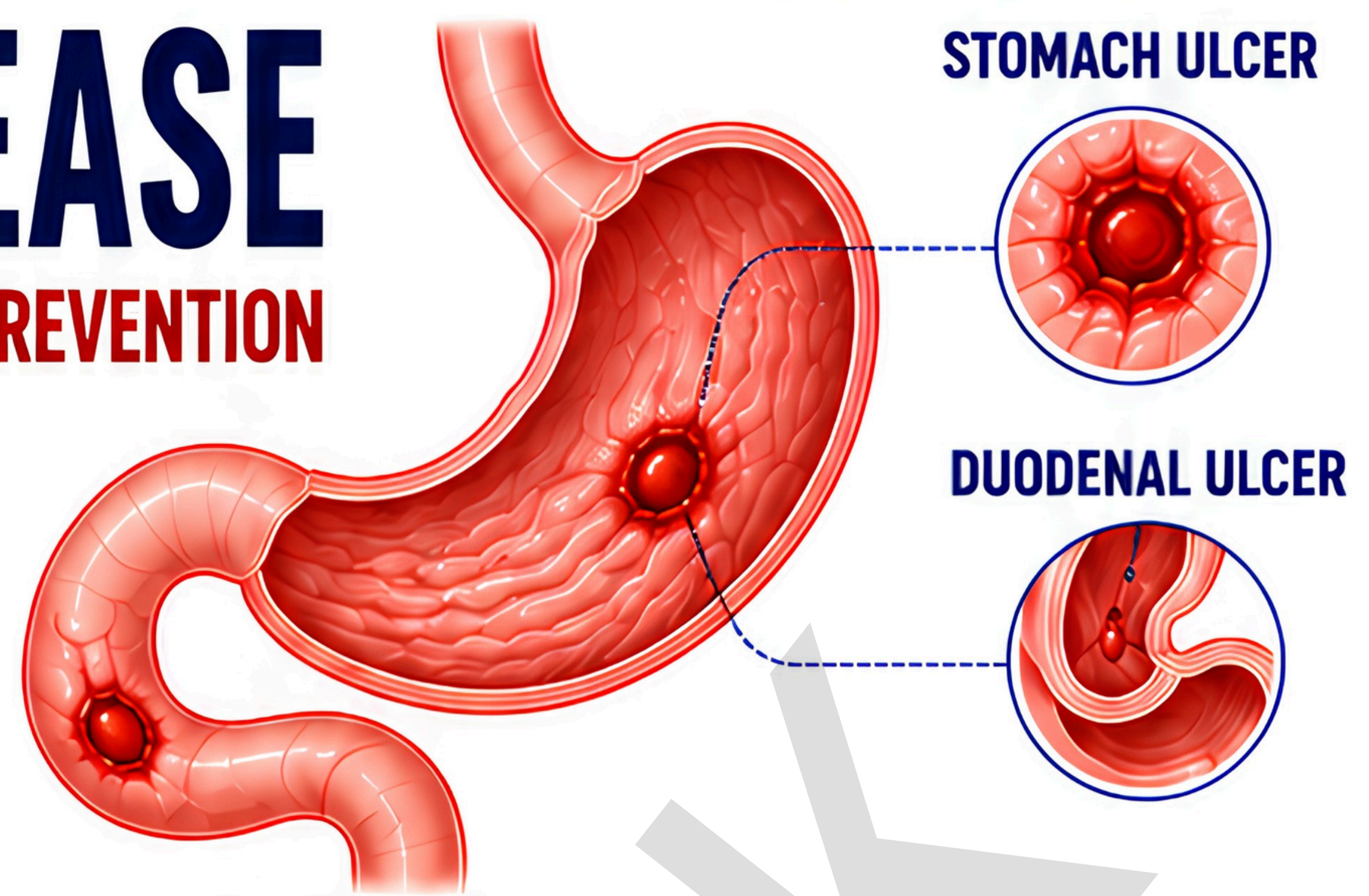
Peptic Ulcer Disease

PEPTIC ULCER DISEASE

CAUSES, SYMPTOMS, DIAGNOSIS, TREATMENT & PREVENTION

WHAT IS PUD?

Peptic Ulcer Disease (PUD) occurs when sores develop on the lining of the stomach, duodenum or esophagus. These ulcers occur when the protective lining is damaged, allowing stomach acid to erode the tissue.



TYPES OF PEPTIC ULCER DISEASE

1 GASTRIC ULCER

Occurs in the stomach lining. Pain may worsen shortly after eating.

2 DUODENAL ULCER

Occurs in the duodenum (upper small intestine). Pain improves after eating but may return later.

3 ESOPHAGEAL ULCER

Occurs in the lower part of the esophagus. Often linked to acid reflux (GERD).

SIGNS AND SYMPTOMS

COMMON SYMPTOMS



Burning or gnawing pain



Abdominal pain after eating



Bloating



Heartburn



Indigestion



Nausea or vomiting



Feeling full quickly



Frequent burping

SEVERE SYMPTOMS (SEEK IMMEDIATE CARE)



Vomiting blood or coffee-ground material



Black, tarry stools



Severe abdominal pain



Unexplained weight loss

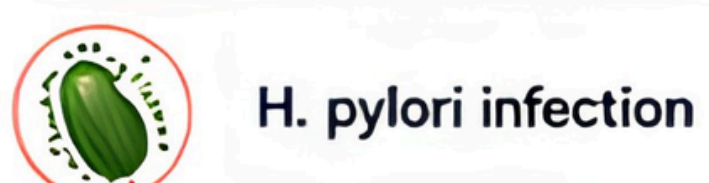


Difficulty swallowing

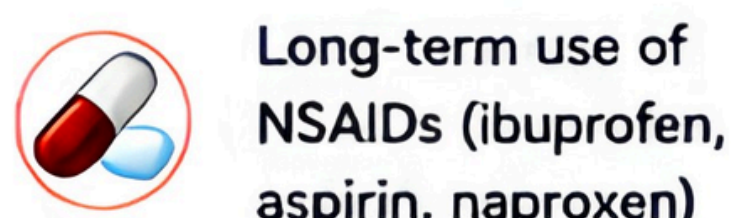


Dizziness or fainting

CAUSES



H. pylori infection



Long-term use of NSAIDs (ibuprofen, aspirin, naproxen)



Excess stomach acid



Smoking



Excess alcohol consumption



Severe stress



Family history of ulcers

DIAGNOSIS

1 Medical history & physical exam

2 Endoscopy (camera to view inside the stomach)

3 H. pylori tests (breath, stool, blood)

4 Imaging tests (X-ray, if needed)

5 Blood tests (check for anemia or bleeding)



TREATMENTS

MEDICATIONS

- **Proton Pump Inhibitors (PPIs):** Reduce acid & promote healing
- **H2-Receptor Blockers:** Decrease acid production
- **Antacids:** Provide quick relief
- **H. pylori Eradication:** Antibiotics + PPI to eliminate infection
- **Protective Agents:** Protect stomach lining

LIFESTYLE CHANGES

- Stop smoking
- Limit or avoid alcohol
- Avoid NSAIDs
- Eat balanced meals
- Manage stress
- Avoid spicy, acidic or fatty foods

SURGERY

Rarely needed; for complications such as bleeding or perforation.

PREVENTION



Wash hands regularly



Use NSAIDs only as directed



Avoid smoking & tobacco products



Limit alcohol intake



Eat a healthy, balanced diet.



Manage stress



Seek medical care if symptoms persist



Complete full course of treatment



SEEK IMMEDIATE MEDICAL CARE IF YOU EXPERIENCE:

• Vomiting blood | Black, tarry stools | Severe abdominal pain | Dizziness or fainting | Unexplained weight loss | Difficulty swallowing