



# Helicobacter pylori

*Helicobacter pylori* infection happens when *H. pylori* infects the inner lining of your stomach.

## How can you get it?

People can get an *H. pylori* infection from drinking unsafe water or consuming food contaminated with the *H. pylori* bacterium.



## Symptoms

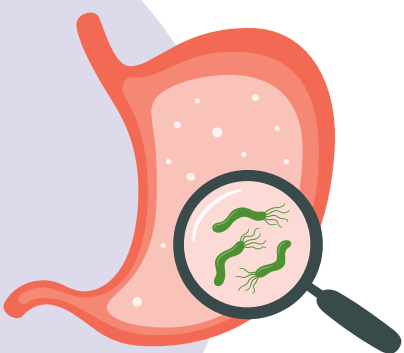
**Most people do not show symptoms.**

Others can develop long-lasting inflammation in the stomach lining. This can lead to sores (ulcers) in your stomach lining or in the first part of your small intestine.

Symptoms include: upset stomach, nausea, vomiting, loss of appetite, weight loss, burping or hiccups, burning sensation in the stomach, and/or blood in the vomit or stool.

## Did you know?

- Just over half of the world's population is infected with *H. pylori*?
- In Canada, 20-30% of people have an *H. pylori* infection.
- *H. pylori* infections are one of the main causes of stomach cancer and duodenal peptic ulcer disease.



## Testing & Treatment

Ask your doctor about *H. pylori* testing if you have symptoms.

Your doctor may test your breath, blood, or stool for signs of an infection.

*H. pylori* infections are treatable using a combination of antibiotics and medications from your doctor.



## Prevention

If possible, drink water from clean sources. Practicing good hand hygiene can also reduce your risk of *H. pylori* infection, especially when preparing food.

