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Ulcer: what you should know.

Peptic ulcer (generally known as ulcer) is a sore/wound that develops on the lining of the stomach or small intestine.

There are two types of (peptic) ulcer:

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1. Stomach ulcer also known as gastric ulcer is the ulcer that occurs in the stomach while
2. Duodenal ulcer is the ulcer that occurs at the first part of the small intestine.

There are two major causes of ulcer:

1. Helicobacter pylori (a bacterium)
2. Chronic use of NSAIDs like aspirin, diclofenac, ibuprofen etc.

This two accounts for over 90% of all ulcers with H. pylori having a higher percentage when compared to the long term use of NSAIDs.

Other causes of ulcer exist but the account for lesser percentage of ulcer, they include:

-Stomach hyperacidity (Zollinger-Ellison syndrome)
here the stomach produces abnormal amounts of gastric acid. It is a rare condition.
-Weak gastric lining
Here some people are born with weak gastric mucosa as such, even small stomach acidity can result in ulceration.

Starvation is not a common cause of ulcer, in fact, it rarely causes ulcer as you will have to be with totally no food of anything kind for 4days or more and other factors plays a role in this, which include H. pylori and

... stomach hyperacidity due to the fact that whether or not you eat , at certain periods of the day, gastric acids are released in the stomach and when the pile up over a long period of time they can cause ulcer. This is not a common cause of stomach ulcer.

The duodenal ulcer are mainly caused by H. pylori while the stomach ulcer are mainly caused by chronic use of NSAIDs like Diclofenac,ibuprofen, aspirin etc.

Remedies

Peptic ulcers are easy to treat. Treating it involves the use of strict diet (and avoiding things that will worsen the said condition and allow the ulcer to heal) and medications.

The treatment regimen depends on the exact cause of the said condition.

■if it is as a result of infection with H. pylori then the treatment regimen will involve the use of antibiotics.

-If it is as a result of chronic NSAID use then you might have to stop the medication if it’s possible or your healthcare provider will also prescribe drugs that will protect your stomach lining from the ulcerative effects of the drugs.

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