

Clinical Pediatrics 2019: Prevalence of *Helicobacter pylori* among primary school children in selected schools of Goma Sub County Mukono District - Ndibalekera Sylvia - Makerere University College of Veterinary Medicine Animal Resources and Bio security

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Helicobacter pylori is a gram-negative bacteria attributed to be the causative agent of serious gastrointestinal diseases such as peptic and gastric ulcers and high possibility of developing into a carcinogens and lymphomas as a result of prolonged occurrence of the infection. *Helicobacter pylorus* (*H. pylori*) is a kind of microorganisms. These germs can enter your body and live in your stomach related tract. After numerous years, they can cause bruises, called ulcers, in the coating of your stomach or the upper piece of your small digestive system. For certain individuals, a disease can prompt stomach malignant growth. Contamination with *H. pylori* is normal. Around 66% of the total populace has it in their bodies. For the vast majority, it doesn't cause ulcers or some other manifestations. In the event that you do have issues, there are meds that can slaughter the germs and help wounds recuperate. As a greater amount of the world gains admittance to clean water and sanitation, less individuals than before are getting the microbes. With great wellbeing propensities, you can shield yourself and your kids from *H. pylori*. How *H. pylori* Makes You Sick. For a considerable length of time, specialists thought individuals got ulcers from stress, zesty nourishment, smoking, or other way of life propensities. Be that as it may, when researchers found *H. pylori* in 1982, they found that the germs were the reason for most stomach ulcers.

After *H. pylori* enters your body, it assaults the coating of your stomach, which normally shields you from the corrosive your body uses to process food. When the microorganisms have done what's needed harm, corrosive can traverse the covering, which prompts ulcers. These may drain, cause diseases, or shield food from traveling through your stomach related tract. You can get *H. pylori* from food, water, or utensils. It's progressively basic in nations or networks that need clean water or great sewage frameworks. You can likewise get the microscopic organisms through contact with the spit or other body liquids of contaminated individuals. Numerous individuals get *H. pylori* during youth, yet grown-ups can get it, as well. The germs live in the body for a considerable length of time before side effects start, however a great many people who have it will never get ulcers. Specialists aren't sure why just a few people get ulcers after a disease.

Symptoms:

On the off chance that you have a ulcer, you may feel a dull or consuming agony in your stomach. It might go back and forth,

however you'll presumably feel it most when your stomach is unfilled, for example, between dinners or in the night. It can keep going for a couple of moments or for a considerable length of time. You may feel better after you eat, drink milk, or take a stomach settling agent. You can protect yourself from getting a *H. pylori* disease with similar advances you take to keep different germs under control:

Wash your hands after you utilize the washroom and before you plan or eat food. Show your kids to do likewise, Maintain a strategic distance from food or water that is not spotless. Try not to eat whatever isn't cooked altogether, Evade food served by individuals who haven't washed their hands. In spite of the fact that pressure, zesty nourishment, liquor, and smoking don't cause ulcers, they can shield them from recuperating rapidly or aggravate your agony. Converse with your primary care physician about approaches to deal with your pressure, improve your eating routine, and, in the event that you smoke, how you can find support to stop. Half of world's population is affected based on previous epidemiologic studies and mainly acquired during childhood. The role of *Helicobacter pylori* contributing to infection among children is still unclear. In Uganda, there are few documented studies carried out among children to establish *Helicobacter pylori* status. This study sought to establish the prevalence of *Helicobacter pylori* among children attending selected schools of Goma Sub County Mukono District, Uganda. A total of 120 stool samples were collected from symptomatic primary school children aged four-14 years. The stool samples were packed in the cool box and transported to Mulago National Referral Hospital clinical laboratory for analysis.

The collected samples were then cultured using standard culture methods on Columbia agar and sensitivity tests were further set on the isolates. The overall prevalence of *H. pylori* colonization in 120 children was 24.2% among primary school children in selected schools of Goma Sub County Mukono District. The isolates were highly susceptible to amoxicillin (96.6%), followed by clarithromycin (82.8%), tetracycline (72.4%), levofloxacin (65.5%), metronidazole (37.9%) and lastly ciprofloxacin (37.9%). The study reveals that *H. pylori* are among the causative agents of infection amongst school with increased antibiotic resistance to the most used antibiotics. Therefore further testing of other schools should be considered to establish the burden more clearly.