



Helicobacter pylori

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Apstrakt

Helicobacter pylori uzorkuje više od 90% čireva želuca. Do 1982. godine kada je Helicobacter pylori otkriven, smatralo se da su glavni uzroci čira želuca i dvanaestopalačnog creva jače začinjena i zakiseljena hrana, stres i loše životne navike. Do otkrića bakterije, pacijenti su dobijali različite lekove koji su samo ublažavali simptome bolesti, ali nisu dovodili do izlječenja, pa su se nakon prestanka uzimanja terapije, simptomima u većini slučajeva vraćali. Sada je jasno da je uzročnik bolesti kod tih pacijenata bila bakterija koja je preživela.

Helicobacter pylori je spiralna bakterija koja je nađena na sluznici želuca. Jedina je bakterija koja može preživeti u izrazito kiselom želudačnom sadržaju, sa vrlo malo kiseonika, pri temperaturi od 37°C. Osim na želudačnoj sluznici, ova bakterija je kod ljudi otkrivena i na ranicama na sluznici usne šupljine, u zubnim naslagama, u slini, a dokazana je i u stolici. U čovekovo okolini (voda, hrana, otpadne vode) Helicobacter pylori se nalazi samo ponekad, s obzirom na to da pripada bakterijama vrlo osetljivim na različite nepovoljne činioce okoline, a i tada samo u svom kuglastom obliku, za koji nije dokazano da uzrokuje bolest.

Način prenošenja Helicobacter pylori infekcije još nije potpuno istražen. Sva dosadašnja saznanja govore u prilog tome da se infekcija prenosi direktno od zaražene osobe na zdravu na tri glavna načina:

- želudac – usta
- usta – usta
- stolica – usta.

Postoje i naznake nekih drugih puteva zaraze (iz okoline putem vode ili preko mačaka, pasa i dr.), ali je i to potrebno detaljnije ispitati.

Najbrže se zaraze mala deca koja žive u lošim socijalno-ekonomskim uslovima i gusto naseljenim mestima. Ove infekcije su najčešće kod dece koja dele krevet sa roditeljima ili drugom decom, u sredinama u kojima majka prežvače hranu koju daje detetu ili detetovu cuclu stavlja prethodno sebi u usta. Infekcija je češća i kod dece koja su smeštena u ustanove različitog tipa.

Abstract

Helicobacter pylori cause more than 90% of gastric ulcers. Until 1982, when Helicobacter pylori were discovered, the main causes of stomach and duodenal ulcers were considered to be more spicy and acidic foods, stress, and bad life habits. Until the discovery of the bacterium, the patients received various medications that only alleviated the symptoms of the disease, but did not lead to a cure, so after stopping the therapy, the symptoms returned in most cases. It is now clear that the cause of the disease in these patients was a surviving bacterium.

Helicobacter pylori is a spiral bacterium found on the stomach lining. It is the only bacterium that can survive in extremely acidic stomach contents, with very little oxygen at a temperature of 37 °C. Except in the stomach lining, this bacterium has been detected in humans on wounds on the oral mucosa, in dental plaque, in saliva, and it has also been proven to appear in the stool. Helicobacter pylori are found in the human environment (water, food, wastewater) only occasionally since it belongs to bacteria very sensitive to various adverse environmental factors, and even then only in its spherical form, which has not been proven to cause disease.

The mode of transmission of Helicobacter pylori infection has not yet been fully investigated. All previous findings suggest that the infection is transmitted directly from an infected person to a healthy person in three main ways:

- stomach-mouth
- mouth-mouth
- stool-mouth.

There are also indications of some other ways of infection (from the environment through water or through cats, dogs, etc.), but this also needs to be examined in more detail.

Small children living in poor socio-economic conditions and densely populated places are most likely to get infected quickly. These infections are most common in children who share a bed with their parents or other children, in environments where the mother chews food she gives the child or puts the baby's pacifier in her mouth beforehand. The infection is more common in children placed in institutions of various types.