

中文題目：2009年台灣出血性及非出血性消化潰瘍疾病致病因子之分析：前瞻研究

英文題目：Current Etiology of Bleeding and Non-bleeding Peptic Ulcers in Taiwan:
A Prospective Study

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Introduction: *H. pylori* infection and NSAIDs are recognized as the two major causes of peptic ulcer. Recently, the prevalence of *H. pylori* infection has declined in many countries. We therefore designed this prospective study to investigate the current etiology of bleeding and non-bleeding peptic ulcer in Taiwan.

Methods: Total of 202 patients with bleeding peptic ulcers (N=60) and non-bleeding peptic ulcer (N=142) were evaluated consecutively from November 2008 to April 2009. Patients were asked a series of questions regarding risk factors of peptic ulcer, including the co-morbid illnesses, use of NSAIDs/aspirin/steroid and history of smoking. *H. pylori* infection was assessed by rapid urease test and histology.

Results: The frequencies of current *H. pylori* infection and NSAID/aspirin use were 43% and 28%, respectively in bleeding ulcer group and 56% and 23%, respectively in non-bleeding group. Thirty-five percent and 34% of peptic ulcers in bleeding and non-bleeding groups were not associated with either *H. pylori* infection or NSAID use. Univariate analysis showed that bleeding ulcer group had higher frequencies of advanced age and heavy drinking ($P = 0.02$ and 0.05 , respectively), and lower frequency of daily coffee consumption ($P = 0.02$) than non-bleeding group. Multivariate analysis revealed only advanced age and heavy drinking independently predicting the presentation of bleeding in peptic ulcer disease (odds ratios: 2.3 and 3.1, respectively; 95% CI: 1.0-5.3 and 1.2-8.2, respectively).

Conclusion: Currently, a significant number of bleeding and non-bleeding ulcers are neither related to *H. pylori* infection nor NSAID use. Old age and heavy drinking are independent factors predicting bleeding complication of peptic ulcer disease.