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Summary

PREVENTIVE EFFECT OF HELICOBACTER PYLORI ERADICATION ON THE ISCHEMIC STROKE AND CEREBRAL ATHEROSCLEROSIS

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Stomach & H. Pylori

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A prospective cohort study of 8,025 patients found that Helicobacter pylori eradication was associated with significantly lower risk of ischemic stroke and cerebral atherosclerosis compared to non-eradicated HP infection, though no significant difference was observed between HP-eradicated patients and HP-naive subjects.

KEY POINTS

- Among HP-infected patients followed from 2003 to 2023, those who underwent HP eradication had a 35% lower risk of ischemic stroke and cerebral atherosclerosis compared to those with persistent infection (HR 0.651, 95% CI 0.451-0.941, p=0.026) after propensity-score matching for cardiovascular risk factors.
- The study included 2,030 HP-eradicated patients matched 2:1 with 1,015 HP-non-eradicated patients, with outcomes confirmed by brain MRI and analyzed using Cox-proportional hazard regression.
- When HP-eradicated patients were compared to HP-naive subjects in a separate 1:1 matched analysis (2,064 in each group), no significant difference in stroke or atherosclerosis risk was detected (HR 1.109, 95% CI 0.777-1.584, p=0.569).
- The authors conclude that HP eradication may have a preventive effect on ischemic stroke and cerebral atherosclerosis in this observational cohort study.
- This material is most relevant to gastroenterologists, neurologists, and clinicians interested in the extragastric effects of H. pylori and cardiovascular disease prevention.

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