

Mistakes in the management of chronic gastritis and how to avoid them

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Mistakes In Articles

Stomach & H. Pylori

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This material addresses common mistakes in managing chronic gastritis, focusing on distinguishing when the condition requires intervention versus when it can be left alone, and clarifying the misuse of terminology when symptoms are confused with diagnosis.

KEY POINTS

- Chronic gastritis occurs when inflammatory infiltrate is present in the gastric mucosa, caused by diverse factors including food, bacteria (particularly *Helicobacter pylori*), and some viruses.
- The inflammatory infiltrate may not cause disease itself, but in some cases gastritis evolves into atrophic gastritis, ulcers, or gastric cancer.
- Many patients and some clinicians misuse the term chronic gastritis to describe dyspepsia symptoms, leading to confusion between a symptom and a diagnosis.
- Clinicians need to distinguish when gastritis is harmless and can be left alone versus when further action is required, to ensure adequate management while reducing over treatment.

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