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Summary

ASSOCIATION BETWEEN HELICOBACTER PYLORI INFECTION AND NASAL POLYPS: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Stomach & H. Pylori

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A meta-analysis of twelve studies found that Helicobacter pylori infection was significantly more prevalent in patients with nasal polyps compared to controls with normal nasal mucosa.

KEY POINTS

- The pooled rate of H. pylori infection was 32.3% in nasal polyp patients versus 17.8% in controls, with an odds ratio of 4.12, though overall heterogeneity was high at 66%
- Subgroup analysis of European studies and studies using immunohistochemistry both showed significantly higher H. pylori prevalence in nasal polyp patients with null heterogeneity
- All twelve eligible studies had good quality scores of 6 out of 8 on the Newcastle-Ottawa scale and included patients aged 17-78 years with a male-to-female ratio of 2:1
- The authors suggest this first meta-analysis on the topic supports screening for H. pylori in nasal polyp patients with subsequent eradication as a reasonable strategy

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