EFFECT OF HELICOBACTER PYLORI ERADICATION ON BODY WEIGHT AND LIPID PROFILE; A PROSPECTIVE COHORT STUDY AT A UNIVERSITY HOSPITAL IN SOUTH KOREA

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Stomach & H. Pylori

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A prospective study of 87 Korean patients found that H. pylori eradication treatment was associated with a statistically significant decrease in LDL cholesterol at 3 months, though changes in body weight and other lipid parameters were not statistically significant.

KEY POINTS

- LDL cholesterol decreased significantly from mean 93.4 mg/dL to 84.2 mg/dL (p=0.009) at 3 months after H. pylori eradication treatment.
- Body weight decreased slightly from mean 67.4 kg to 66.9 kg (p=0.079), HDL cholesterol increased from mean 52.7 mg/dL to 54.5 mg/dL (p=0.074), and serum glucose decreased from mean 111.7 mg/dL to 109.4 mg/dL (p=0.068), but none reached statistical significance.
- H. pylori eradication rate was 91.9% (80 of 87 patients) using triple, quadruple, or concomitant therapy regimens.
- The study enrolled 87 patients (median age 59 years) from a South Korean university hospital between April 2021 and January 2024, with follow-up at 3 months.
- The authors note that the small number of eradication failures (n=7) precluded meaningful comparison by eradication success, and that randomized long-term studies are needed.

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