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Summary

# IMPACT OF PROBIOTICS USE ON THE SAFETY OF HELICOBACTER PYLORI TREATMENTS: RESULTS OF THE EUROPEAN REGISTRY ON THE MANAGEMENT OF HELICOBACTER PYLORI INFECTION (HP-EUREG)

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UEG Week Copenhagen 2023 | Presentation

Digestive Oncology | Gut Microbiota | Stomach & H. Pylori

October 16, 2023

**In a European registry of 36,699 H. pylori eradication patients, probiotic use was associated with lower severe adverse event rates (1.1% vs 1.9%, p<0.0001) and shorter adverse event duration (6.4 vs 8.2 days, p<0.0001), despite higher overall adverse event rates.**

## KEY POINTS

- 22% of patients (8,233/36,699) received probiotics alongside H. pylori eradication therapy across multiple European centres from 2013 to 2021.
- Severe adverse event rate was lower with probiotics (1.1% vs 1.9%, p<0.0001) and adverse event duration was shorter (6.4 vs 8.2 days, p<0.0001).
- Overall adverse event rate was paradoxically higher with probiotics (25% vs 22%, p<0.0001).
- Bifidobacterium was associated with lower incidence of any adverse event (p=0.0019) and severe adverse events (p<0.001) in the Central Europe logistic regression model.
- Lactobacillus showed benefit only for severe adverse events in triple therapy (p=0.0278), while Bacillus results were inconsistent.
- Multiple probiotic formulations were used (9 genera, 32 species), and the logistic regression was restricted to Central Europe to minimise prescription bias.

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