ABSTRACT

Introduction: There are several hospital-based studies on *H. pylori* prevalence from different parts of Nigeria. However, the population in the North-Central region of the country has not been well captured in these studies. This study, therefore, sought to determine the prevalence of *H. pylori* infection in dyspeptic patients seen at a tertiary health facility located in this region and assess its relationship with gastro-duodenal pathologies using histology of gastric biopsies.

Methods: One hundred and forty eight consecutive adult patients with dyspepsia underwent upper gastrointestinal endoscopy using forward-viewing endoscopes. Antral and corporal biopsy specimens of the stomach were collected for histological examination. Diagnosis of *H. pylori* infection was made if Helicobacter-like organisms were identified in the processed gastric mucosal biopsy specimens stained using both the H & E and Giemsa staining techniques.

Results: Of the 148 subjects studied, there were 68 (46.0%) males and 80 (54.0%) females. The age range was 18 to 80 years with a mean of 49.5 ±15.1 years. *H. pylori* infection was found in 70 (47.3%) patients. Gastritis was the commonest endoscopic finding 94 (63.5%) while gastric ulcer 4 (2.7%), duodenal ulcer 10 (6.8%) and gastric cancer 11 (7.4%) altogether were found in 25 (16.9%) patients. Forty-seven (50.0%) of the 94 patients with gastritis were infected with *H. pylori* whereas 8 (32.0%) of the 25 patients with other pathologies (gastric ulcer, duodenal ulcer and gastric cancer) were infected by this organism. Seven (35.0%) of the 20 patients who had normal endoscopic findings tested positive for *H. pylori* infection.

Conclusion: *H. pylori* infection has a moderately high prevalence in patients with dyspepsia seen at Ilorin, Nigeria irrespective of the gastro-duodenal pathology and the association between *H.
*Helicobacter pylori* infection and gastroduodenitis, gastroduodenal polyps and histological gastritis was significant.