

# PEPTIC ULCER

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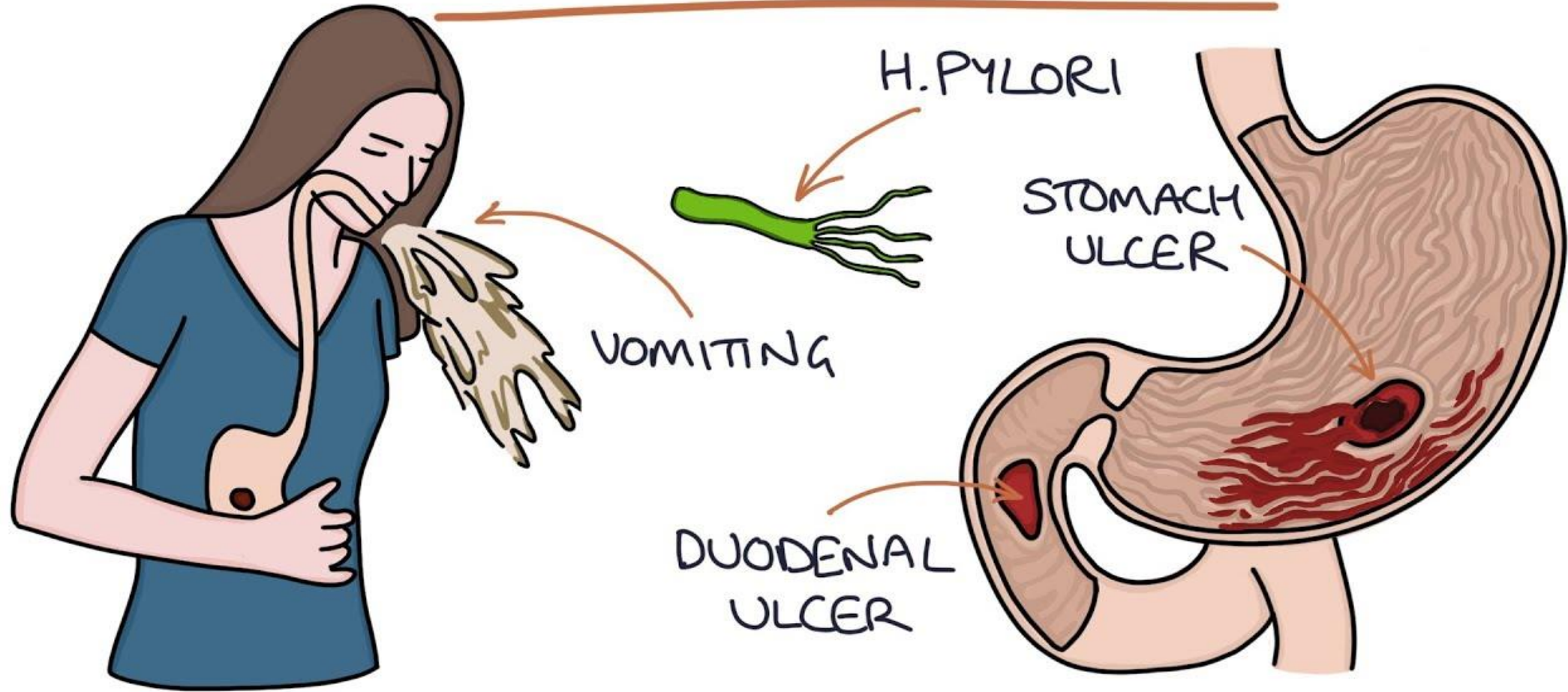
DEMONSTRATOR

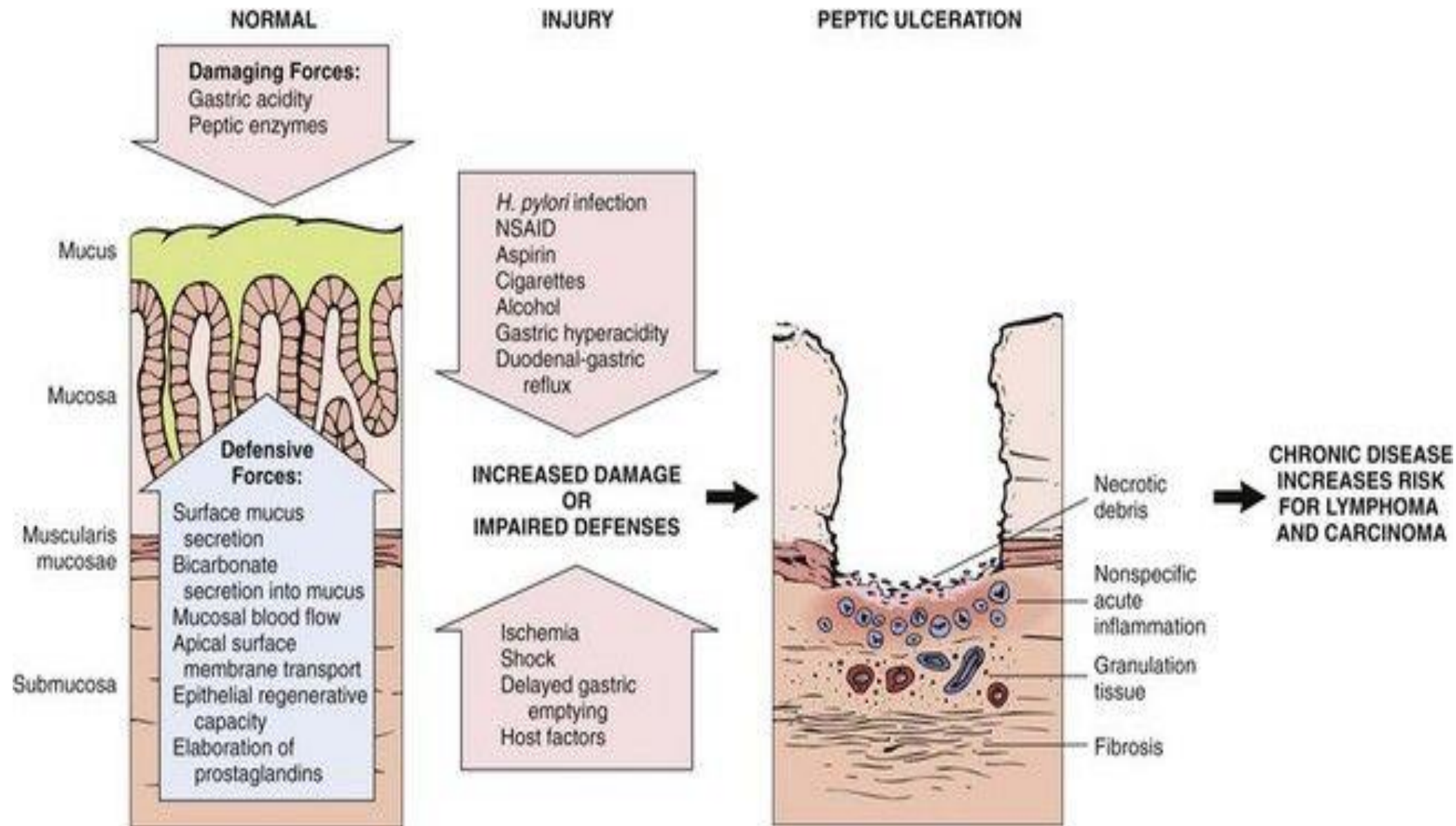
# LEARNING OBJECTIVES

- What is an ulcer
- Peptic ulcer
- Causes and risk factors
- Morphology
- Pathophysiology

- Peptic ulcers are caused by imbalance between the defensive forces and effects of gastric juices acid and pepsin along with environmental effects.
- H pylori infection has been shown to be closely associated with peptic ulcers.

# PEPTIC ULCERS







HELICOBACTER  
PYLORI BACTERIAL  
INFECTION



NONSTEROIDAL  
ANTI-INFLAMMATORY  
DRUGS



ZOLLINGER-ELLISON  
SYNDROME



ALCOHOLIC  
BEVERAGES



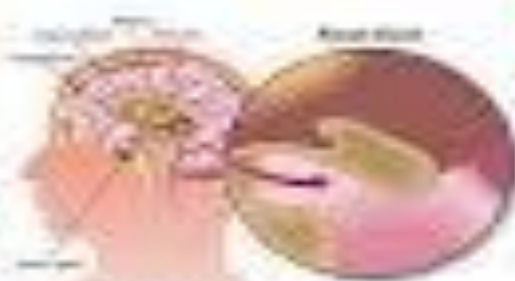
HYPERCALCEMIA



FAMILY HISTORY



EXCESS  
STRESS



LOW LEVELS  
OF MELATONIN



# COMMON CAUSES THAT LEAD TO **PEPTIC ULCERS**

**Top 10**  
Home Remedies

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[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

## PEPTIC ULCERS

• **DEEP EROSIONS** in the **LINING** of the **STOMACH** or **DUODENUM**

↳ **INFLAMMATION** in the **GASTRIC** or **DUODENAL WALL**

• **SOMETIMES** develop **ACUTELY** after **TOXIC INGESTION** or **ISCHEMIA**

• **MORE OFTEN**, **EROSIONS** are **CHRONIC**

↳ **MOSTLY BENIGN**, but can develop into a **MALIGNANT ULCER (STOMACH CANCER)**

• **UPPER ENDOSCOPY** with **BIOPSY** is **ESSENTIAL** to the **DIAGNOSIS**



# PATHOPHYSIOLOGY

- Bicarbonate
- Mucus layer
- Prostaglandins
- Mucosal blood flow
- Epithelial renewal

Defensive



- *Helicobacter pylori*
- NSAIDs
- Pepsins
- Bile acids
- Smoking and alcohol

Aggressive



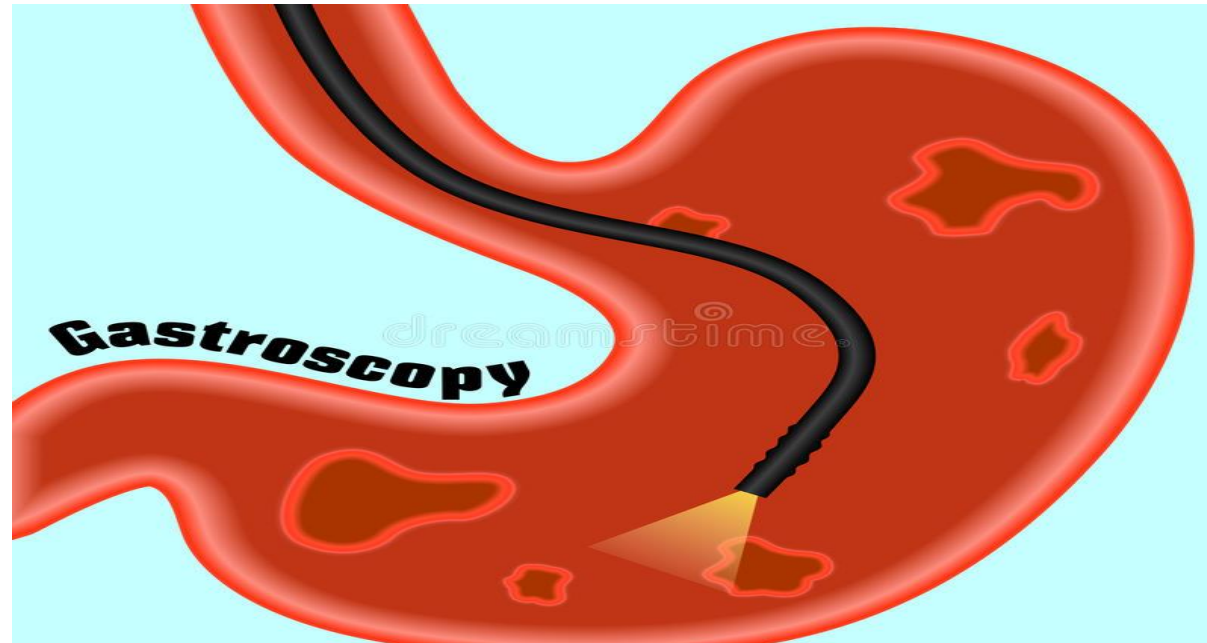


# presentation

- Changes in appetite
- Nausea/vomiting
- Bloating
- Weight loss/gain

- Peptic ulcers can develop in the esophagus, stomach and upper part of duodenum
- H pylori infection
- Use of NSAIDs
- Advancing age
- Family history

# DIAGNOSIS

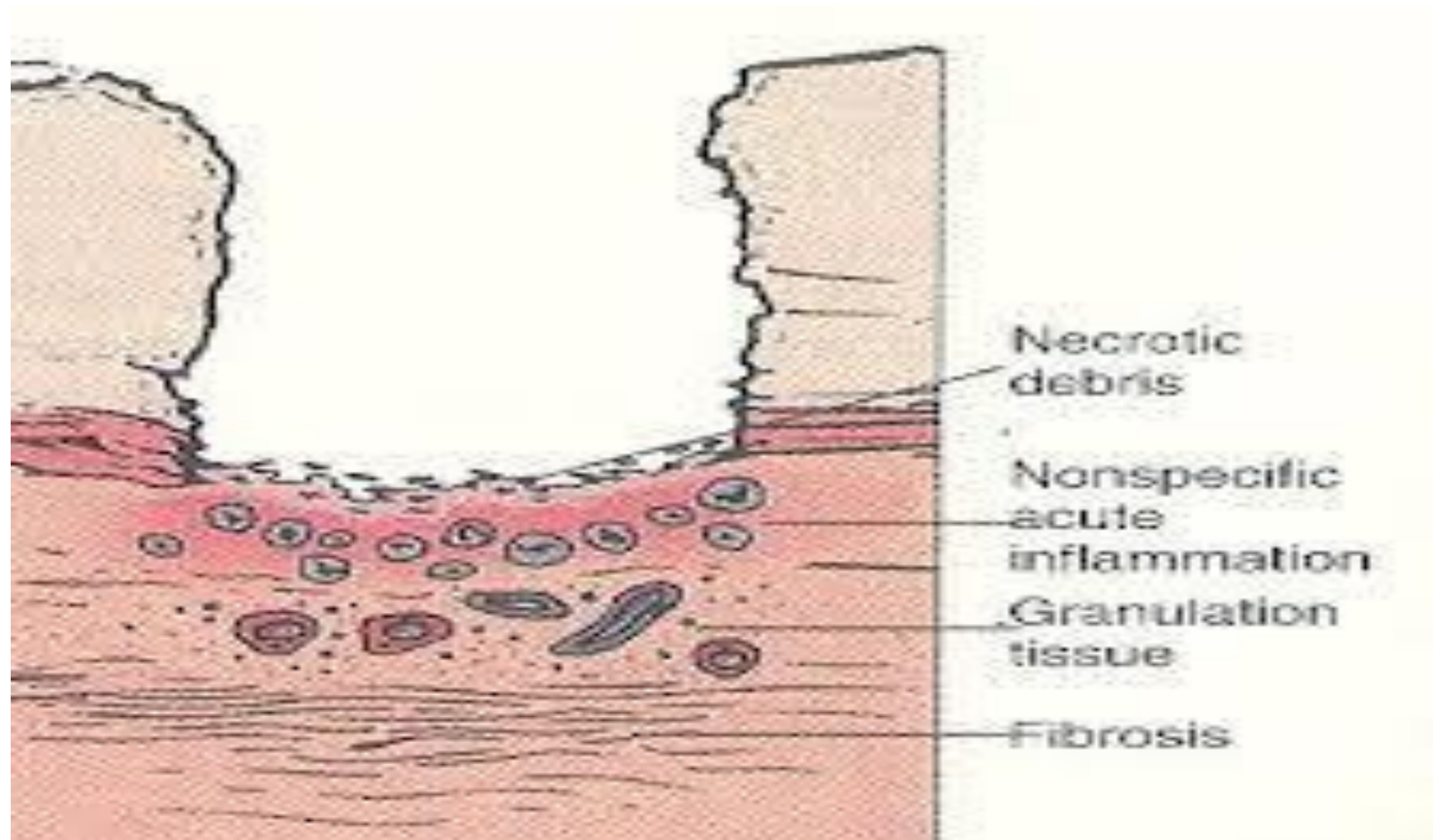


# Morphology

- Gross
- Less than 2 cm in diameter
- Oval and round
- Punched out margins
- Clean base with blood vessels
- Mucosal folds appear radiating from the ulcer

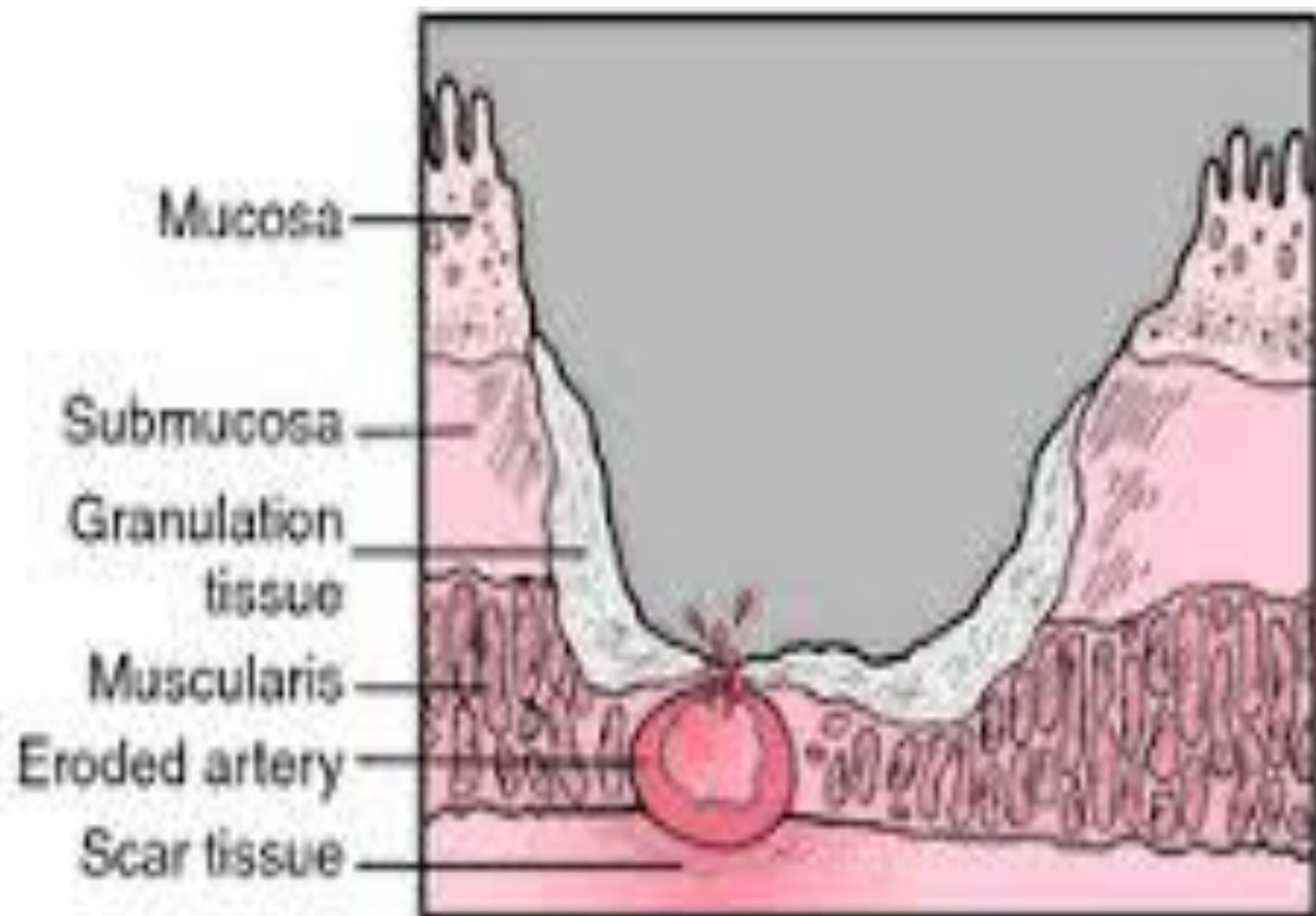
# Microscopy

- Base: thin layer of fibrinoid tissue.
- Underlying stroma shows neutrophilic inflammatory infiltrate.
- Beneath this is active granulation tissue.
- Fibrous or collagenous scar forms the ulcer base.
- Vessel walls within the scar are usually thickened and occasionally thrombosed.

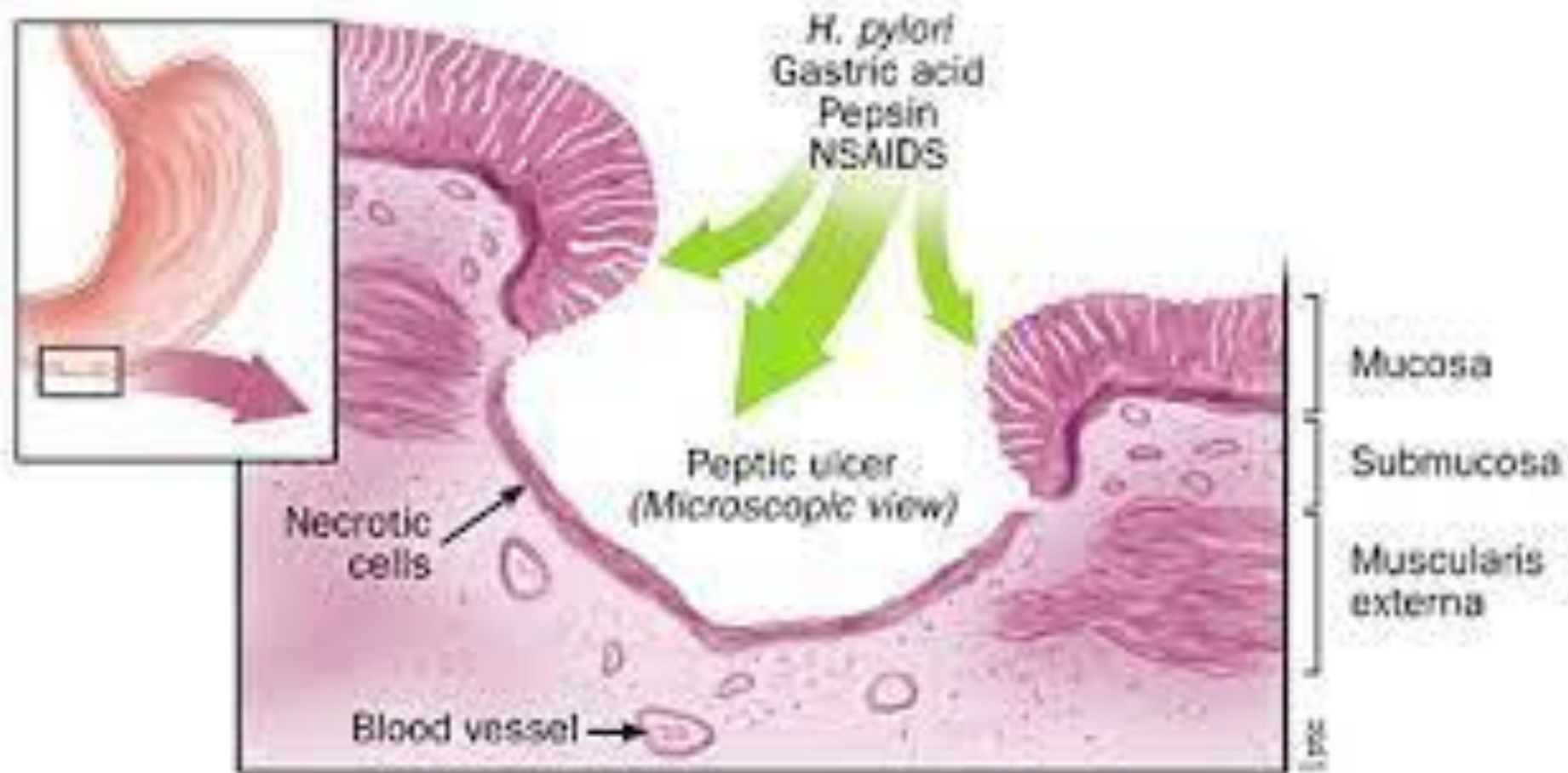




A ENDOSCOPIC VIEW



B HISTOLOGIC CROSS SECTION





# Complications

- Perforations
- Internal bleeding
- Scar tissue /obstruction



ALCOHOLIC BEVERAGES

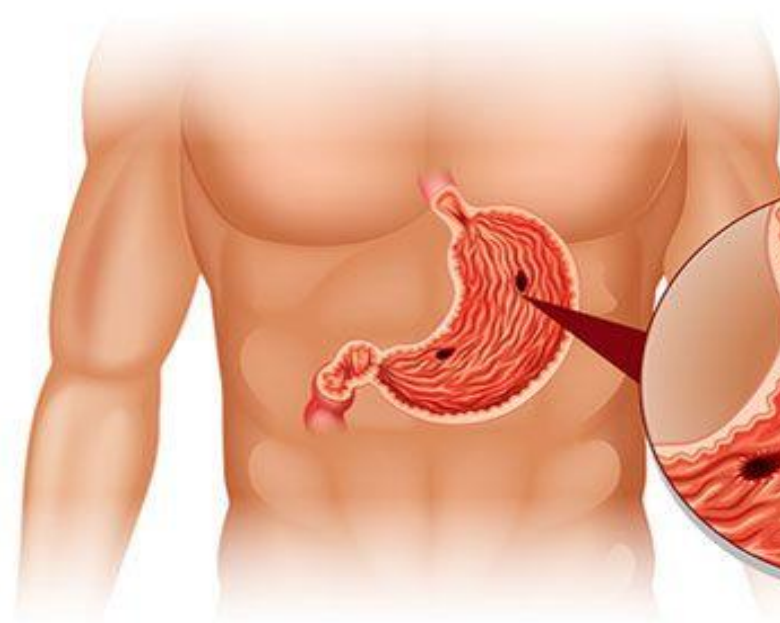


COFFEE



CARBONATED DRINKS

# FOODS TO AVOID IF YOU HAVE A **STOMACH ULCER**



MILK AND OTHER DAIRY PRODUCTS



RED MEAT



SALT AND SALTY FOODS

**Top10**  
Home Remedies

To explore more, visit  
[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

Thank  
You

