

## CAUSES

- Infection with bacteria 'Helicobacter pylori', which resides in the stomach
- Certain drugs such as aspirin and ibuprofen called non-steroidal anti-inflammatory drugs
- Excessive alcohol intake
- Smoking
- Tea, coffee, colas and stress could make the symptoms worse

## TREATMENT

- Helicobacter infection can be treated with two antibiotics and a drug from a group of medicines called proton pump inhibitors that stop acid production. Two examples are omeprazole and lansoprazole
- Treatment with antacids called H2 blockers such as ranitidine. These can be obtained over the counter
- For severe cases, treatment with proton pump inhibitors

## KEEP ULCERS AT BAY

- Exercise regularly
- Lose weight if overweight
- Avoid taking painkillers such as aspirin
- Avoid alcohol
- Stop smoking
- Drink plenty of water
- Eat at regular intervals
- Avoid caffeinated drinks