

Review links *H. pylori* infection with metabolic syndrome

June 13 2016



(HealthDay)—*Helicobacter pylori* infection is associated with metabolic

syndrome, according to a review and meta-analysis published online June 7 in the *Journal of Digestive Diseases*.

Sikarin Upala, M.D., from the Bassett Medical Center and Columbia University College of Physicians and Surgeons in Cooperstown, N.Y., and colleagues conducted a systematic review to quantify the effect of *H. pylori* infection on the risk of metabolic syndrome. A total of 18 trials comprising 27,544 participants met the inclusion criteria; data from six trials were included in the analysis of metabolic syndrome.

The researchers identified a significant correlation between *H. pylori* and metabolic syndrome, with a pooled odds ratio of 1.34. There were significant differences in fasting blood glucose, high-density lipoprotein cholesterol, body mass index, triglycerides, homeostatic model assessment of insulin resistance, and [systolic blood pressure](#) between the *H. pylori*-infected and non-infected groups (all P

"Further [randomized controlled trials](#) are required to determine the effect of *H. pylori* eradication on the improvement of [metabolic syndrome](#) or metabolic markers and to determine the causal relationship," the authors write.

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Citation: Review links *H. pylori* infection with metabolic syndrome (2016, June 13) retrieved 29 February 2024 from <https://medicalxpress.com/news/2016-06-links-pylori-infection-metabolic-syndrome.html>

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