



Peptic Ulcer Disease: A Look into Diet Therapy

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Citation: Sheneni VD, Shaibu IE, Akomolafe AP (2023) Peptic Ulcer Disease: A Look into Diet Therapy. J Dig Dis Hepatol 8: 195. DOI: 10.29011/2574-3511.100095

Received Date: 24 July 2023; **Accepted Date:** 31 July 2023; **Published Date:** 2 August 2023

Abstract

Peptic ulceration is a lesion of the upper gastrointestinal tract's mucosal lining that involves a disparity of proactive and defensive mucosal components, with *Helicobacter pylori* as the primary causative cause. Dietary supplements are useful in the prevention and treatment of this condition. The goal of this study is to enhance the use of nutritional supplements for persons with peptic ulcers. A non-restricted exploratory review was conducted using firsthand information from the Scielo, PubMed, Medline, ISI, and Scopus databases. Dietotherapy and energy dispersion should be tailored to the patient's needs in order to normalize nutritional status and facilitate healing. The recommended nutrition alters between the acute and repair stages, with the recovery phase requiring more protein and several micronutrients such as vitamin A, zinc, selenium, and vitamin C. Furthermore, several studies have suggested that vitamin C can aid in the eradication of *H. pylori*. Fibers and probiotics are particularly important in the treatment of peptic ulcers because they lessen antibiotic adverse effects and assist shorten treatment time. A nutritious diet is essential in the cure of peptic ulcers since food can prevent, treat, or even alleviate symptoms associated with this illness. Nevertheless, there are few publications that reinvent dietotherapy; so, new investigations addressing more particularly dietotherapy for peptic ulcer treatment are required.

Keywords: Peptic Ulcer; Dietotherapy; *Helicobacter Pylori*; Antioxidants.

Introduction

Peptic ulcer is a chronic condition characterized by an imbalance between the substances that destroy the mucosa and those that protect it, resulting in an upper digestive tract lining lesion [22]. It has been one of the world's most frequent diseases, with some of its consequences being important sources of morbidity and mortality [34]. The prevalence of duodenal and stomach ulcers ranges in the global population, and the average age of people with the condition is between 30 and 60 years, but it can occur at any age. Racial differences have also been noticed; in Africa, duodenal ulcers are rare in black individuals, but in the United States, the prevalence is the same for blacks and whites; in terms of gender,

males are more likely to get ulcers [16]. Peptic ulcers are caused by a variety of factors. Environmental factors such as alcohol and nicotine can restrict or diminish mucus and bicarbonate secretion, increasing acid secretion [14]. Children of parents with duodenal ulcers are three times more likely to have ulcer than the general population [14]. Over the last several decades, the identification of *Helicobacter pylori* (*H. pylori*) and ulcers associated with chronic anti-inflammatory drug usage has contributed to a better understanding of the events that lead to the development of peptic ulcers [36]. Nutrition and its guidelines define features of a balanced diet, and the necessity to develop nutritional standards as a strategy to enhance health and prevent and treat diseases has long been recognized [36]. As a result, dietotherapy has played an important role in the prevention and treatment of Peptic ulcer, with the primary goal of regenerating and protecting the

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