

*THE IMPACT OF H.
PYLORI INFECTION ON
IRON, VITAMIN B12, AND
MINERAL LEVELS*





Overview

- HELICOBACTER PYLORI (H. PYLORI): A COMMON BACTERIAL INFECTION OF THE STOMACH LINING
- ASSOCIATED WITH VARIOUS GASTROINTESTINAL ISSUES INCLUDING GASTRITIS AND PEPTIC ULCERS
- IMPACT ON NUTRIENT ABSORPTION AND SYSTEMIC HEALTH

H. pylori and Iron Deficiency

- IMPACT ON IRON LEVELS
 - H. PYLORI INFECTION LINKED TO LOWER SERUM IRON LEVELS
- MECHANISMS:
 - CHRONIC GASTRITIS REDUCES GASTRIC ACID SECRETION, IMPAIRING IRON ABSORPTION
 - ERADICATION THERAPY IMPROVES SERUM IRON LEVELS
- SOURCE: STUDY FROM INTECHOPEN ([INTECHOPEN - OPEN SCIENCE OPEN MINDS](#))
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H. pylori and Vitamin B12 Deficiency

- **IMPACT ON VITAMIN B12 LEVELS**
 - H. PYLORI INFECTION ASSOCIATED WITH REDUCED VITAMIN B12 ABSORPTION
- **MECHANISMS:**
 - DECREASED INTRINSIC FACTOR SECRETION DUE TO CHRONIC GASTRITIS
 - REDUCED GASTRIC ACID PRODUCTION AFFECTS B12 ABSORPTION
 - ERADICATION THERAPY RESTORES VITAMIN B12 LEVELS
- **SOURCE:** STUDY [ACADEMIC.OUP.COM \(MDPI\)](https://academic.oup.com/mdpi)

Broader Nutrient Deficiencies

- **OTHER AFFECTED NUTRIENTS**
 - **VITAMIN C, FOLATE, AND VITAMIN D ALSO IMPACTED BY H. PYLORI**
 - **CHRONIC INFECTION CAUSES SYSTEMIC INFLAMMATION AFFECTING NUTRIENT ABSORPTION**
- **SOURCE: META-ANALYSIS FROM JOURNAL OF CLINICAL GASTROENTEROLOGY (FRONTIERS)**

Mechanisms of Nutrient Absorption Disruption

- **GASTRIC PHYSIOLOGY CHANGES**
 - **NON-ATROPHIC GASTRITIS: EXCESSIVE ACID PRODUCTION**
 - **ATROPHIC GASTRITIS: REDUCED OR ABSENT ACID SECRETION**
 - **BOTH CONDITIONS DISRUPT NORMAL DIGESTIVE PROCESSES**
- **SOURCE: INTECHOPEN (INTECHOPEN - OPEN SCIENCE OPEN MINDS)**

Systemic Health Effects

- **BROADER HEALTH IMPLICATIONS**
 - **LINKS TO METABOLIC SYNDROME, DIABETES, AND CARDIOVASCULAR DISEASES**
 - **CHRONIC INFLAMMATION FROM H. PYLORI CONTRIBUTES TO THESE CONDITIONS**
- **SOURCE: STUDIES FROM MDPI AND CLINICAL GASTROENTEROLOGY**
(BIOMED CENTRAL) (OXFORD ACADEMIC)

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Conclusion

BORCELLE

“thank you”

