



## Endoscopic Findings in Patients with Dyspepsia

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### Abstract

**Background:** It is necessary to know the causes of dyspepsia to establish the therapeutic approach. Dyspepsia is a frequent syndrome our country, while there are restrictions to endoscopy and high prevalence of *Helicobacter pylori* (*H. pylori*) infection. The aim of this study was to evaluate the endoscopic findings of the syndrome, in an outpatient screening clinic of the Baqiyatallah Hospital in Tehran, Iran.

**Material and Methods:** Between 20 March and 20 November 2015 and according to Rome III criteria, outpatients with uninvestigated dyspepsia, answered Dyspepsia Hong Kong Index Questionnaire and underwent esophagogastroduodenoscopy. The Rapid Urease Test was applied to fragments of the antral mucosa and epidemiological data were collected from the studied population. Normal endoscopic findings were analyzed with different variables to verify statistically significant associations.

**Results:** Eventually 400 patients (57.5% males and 42.5% females) with the mean age of  $51.32 \pm 17.98$  years were evaluated. About 55% of them were smokers and 45% used NSAID. *H. Pylori* (80%) was the most endoscopic findings between Endoscopic findings. Among positive and negative *H. Pylori* patients, 56.25% and 50% were



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smoker respectively. All patients with gastric adenocarcinoma (100%) and 13.2% patients without gastric adenocarcinoma were with fundus, body or antrum ulcer.

**Conclusions:** The endoscopic diagnosis of uninvestigated dyspepsia in our setting showed a predominance of functional disease, whereas cancer was an uncommon finding, despite the high prevalence of *H. pylori*.

**Keywords:** Dyspepsia, *Helicobacter pylori*, Endoscopy, Adenocarcinoma