

幽門螺旋桿菌的除菌治療的潛在風險與好處

Treatment of *H. pylori* infection and potential beneficial effects or
adverse consequences of *H. pylori* eradication

劉志銘

臺大醫院胃腸肝膽科

Emerging evidence shows that eradication of *Helicobacter pylori* (*H. pylori*) reduces the risk of gastric cancer in infected subjects. However, there are some potential concerns regarding the mass screening and eradication of *H. pylori* infection for gastric cancer prevention in the community. These include the emergence of antibiotic resistance for all bacteria, the disturbance of human microbiota, increasing the risk of metabolic disorders, gastroesophageal reflux disease (GERD), and allergic diseases. The experts have achieved the following consensus on these issues. As with all antibiotic therapies, *H. pylori* eradication may lead to an increase in antimicrobial resistance, but it should not preclude its use for gastric cancer prevention. There is short-term perturbation of fecal microbiota diversity after *H. pylori* eradication that largely recovers subsequently. Eradication of *H. pylori* does not increase the risk of new onset GERD. *H. pylori* eradication therapy does not increase the risk of relapse of GERD. *H. pylori* eradication may be associated with a small increase in body weight, but does not increase the risk of metabolic syndrome. *H. pylori* eradication does not increase the risk of asthma, inflammatory bowel disease and other immune related diseases. However, more well-designed prospective studies or trials are warranted to provide further evidence on these issues.