

The Association Between Asthma Disease and Helicobacter Pylori Infection

Abstract

Background: *With the decrease in the prevalence of Helicobacter pylori in western societies, the prevalence of asthma and allergic disorders has increased. Recent studies have examined the relationship between Helicobacter pylori infection and asthma, but the results have been conflicting.*

Aim: *to evaluate the association between asthma disease and helicobacter pylori infection.*

Methods and materials: *The study was a case-control study. 332 people including 173 people with asthma (case group) and 159 people without asthma (control group) were included in the study. Participants were in the age group of 35-59 years. Helicobacter pylori infection was assessed by stool antigen test.*

Results: *There was no significant difference between case and control groups in terms of gender ($P=0.913$), age ($P=0.261$), education ($P=0.985$), and job ($P=0.511$), but history of alcohol consumption in control group was significantly higher (6.9% vs. 2.3% and $P=0.044$). The prevalence of Helicobacter pylori was 74% in the asthma group and 69.2% in the control group ($P=0.332$).*

Conclusion: *The results showed that there was no significant relationship between asthma and Helicobacter pylori infection in adults aged 35 to 59 years. In order to draw a more definite conclusion, it is recommended to conduct larger studies with prospective longitudinal design and more detailed review of clinical records and use of more accurate diagnostic methods.*

Keywords: *Asthma, Helicobacter pylori, gastroesophageal reflux.*