

中学生ピロリ菌検査及び除菌治療に関する Q&A Question and Answer regarding Helicobacter Pylori Test and Eradication Therapy for Junior High School



(Yokkaichi Medical Association)

1) What is Helicobacter Pylori?

It is a type of bacteria that lives in the stomach. Helicobacter Pylori may cause inflammation of the mucous membrane in the stomach, showing no symptoms and continue to spread the infection that may cause gastritis and may lead to the diseases such as chronic gastritis, stomach or duodenal ulcer, or stomach cancer. A person can get H. Pylori until 5 years old and it will continue to live inside the stomach. When a person got infected during childhood, unless it is eradicated, the infection will continue to spread without showing symptoms that may cause gastritis and gives high risk of having ulcer or stomach cancer. You will not be infected with H. pylori in your normal school life or daily lifestyle.

2) Why check-up and treatment will be conducted for Jr. High school students?

H. Pylori chronic infection is being formed mainly until 5 years old. After that, early eradication of the bacteria at young age for those who have no atrophic stomach mucous membrane is very important. To treat the H. pylori of an adult person, gastroscopy must be done to make sure that the person has no gastritis or stomach cancer. But, since there is rare report of Jr. High school student having stomach cancer, gastroscopy will not be done, instead, it will be treated by examination (Urine test and Stool test) and taking medicines. As a general rule, eradication therapy for those positive with bacteria can only be done to person that is 15 years old and above.

3) Is there any data that this examination has been conducted to Jr. H.S. students?

Since 2012, this has been conducted by many local governments. Particularly in Saga Ken, they have been conducting this to all the districts within their prefecture. In recent years, this has also been conducted in the cities and towns of Mie Ken. The percentage of those Jr. HS students who were positive with H. pylori is 5~10%. H. Pylori infection check-up system and treatment is preferable during 3rd Year Jr. HS and effective to avoid stomach cancer.

4) How is preliminary examination done?

The first check-up is the easiest because it will be done using urine test.

In this procedure, existence of antibodies against H. pylori in the urine will be examined. In this check-up, it is possible to be false positive (The truth is negative but the result is positive).

If the result of the urine test turned positive or undetermined, secondary test using stool test will be done to get the final diagnosis.

5) How is secondary examination done? (Stool test)?

Collect stool sample using stool sample container and submit it to the designated medical institution. In this check-up, if H. pylori has been found inside the stomach, the diagnosis will be Positive. And, similar procedure will be done to for the judgement whether the eradication therapy has been successful or not.

6) What kind of medicine should be taken if eradication therapy is needed?

There are 3 sets of medicines for the treatment, to be taken 2 times a day, morning and night, for 7 days.

The parents should accompany their child to the designated medical institution, listen to the explanation of the Doctor in-charge and those who agreed will be prescribed with medicines.

7) How much it would cost if eradication therapy will be needed?

Health insurance cannot be used. It may cost 8,000 ~10,000 円. Please ask the designated medical institution for details.

8) Does eradication therapy have side-effects? And how to deal with it?

The side-effects of eradication therapy are loose stools • diarrhea and rarely rashes. Most of the time, rashes appear and oral medicine intake will be suspended, or if needed, it is treated by taking antiallergenic medicine. Most part of loose stools • diarrhea is natural and it is mostly treated by taking medicine if necessary.

There is no report of severe side effects of eradication therapy in Jr. High school students. Please inform the Doctor in-charge as early as possible if the patient has drug allergy. If you have questions regarding the explanation of the doctor, please confirm it from the Doctor in-charge.

9) Do we really have to know the final diagnosis after the eradication therapy?

The percentage of successful eradication therapy is high, above 90%, but for some reasons, it was never 100%.

If you were diagnosed of having H. pylori and advised to take eradication therapy, please make sure to take the final diagnosis for future measures.

The final diagnosis after the eradication therapy will be done using stool test. The moment you receive the prescription for eradication therapy, in order not to forget the final diagnosis, on that day, consult the attending physician and ask about the schedule for eradication therapy final diagnosis (from 8th week onward after the last day of taking medicines).

Since all the test is not 100% accurate, even if the result of the test is negative or the eradication therapy has been successful, take a test if it is needed for a closer examination or stomach cancer check-up.

10) Is it better for adult (family) to take the test?

It has been known that, if the child is infected with H. pylori, there is a high probability that the parents are also infected. Even if the child is negative, the H. pylori of 30~40 years old is still 10~30%, and it has been said that people older than this has approximately 50% infection. Consult a medical institution regarding the H. pylori infection of the family.

So take this service as a chance to do an enlightening activity and this will be a good opportunity to eradicate stomach cancer to the whole community.