

Helicobacter Pylori Eradication May Increase Body Mass Index, But the Effect May Not Last Long. A 10-year Observation

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ABSTRACT

Background/Aims: We retrospectively investigated the long-term change in body mass index (BMI) in our Japanese cohort of patients to elucidate whether *Helicobacter pylori* eradication results in weight gain.

Methodology: Four hundred and thirty-five patients who had received eradication therapy and 167 who were *H. pylori*-positive but declined treatment were followed for 10 years or longer, and their BMIs were recorded.

Results: After 10 years, BMI significantly increased from baseline values in both the eradication and the no-eradication groups. However, the increase was significantly more in the eradication group than in the no-eradication group. The greater weight gain in the eradication group could largely be accounted for by gain above a lower baseline value, and occurred only within the first year after eradication. The lower baseline BMI of the eradication group correlated with their higher prevalence of peptic ulcers. From the one-year time point onward, gradual weight gain occurred at a similar rate in both groups. At the 10-year point, the BMIs of the two groups were not significantly different.

Conclusions: Eradication of *H. pylori* resulted in a short-term weight gain that likely was related to the eradication and their ulcer healing, but the effect did not last thereafter.

Key words: *Helicobacter pylori*, eradication therapy, body mass index, obesity