

Does your stomach bacteria protect you from obesity?

June 2 2014

The germ *Helicobacter pylori* is the cause of most stomach ulcers, but new research in *Alimentary Pharmacology & Therapeutics* suggests that treating the bacteria is linked to weight gain.

It is estimated that 50% of the global population may be infected with *H. pylori*; however, only 20% of infected people experience symptoms. New evidence suggests that patients treated for the infection developed significant [weight gain](#) compared to subjects with untreated *H. pylori* colonization.

By reviewing data taken from forty-nine studies with data from ten European countries, Japan, the U.S. and Australia, Professor Gerald Holtmann identified a correlation between prevalence rates for *H. pylori* and obesity.

"The rate of obesity and overweight were inversely and significantly correlated with the prevalence of *H. pylori* infection," said Professor Holtmann. "The gradual decrease of the *H. pylori* colonisation observed in recent decades could be causally related to the obesity endemic observed in the Western world".

More information: N. Lender, N. J. Talley, P. Enck, S. Haag, S. Zipfel, M. Morrison, G. J. Holtmann, "Review article: associations between *Helicobacter pylori* and obesity - an ecological study," *Alimentary Pharmacology & Therapeutics*, [DOI: 10.1111/apt.12790](https://doi.org/10.1111/apt.12790)

Provided by Wiley

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