

Can helicobacter pylori be eradicated by combination by fleroxacin and ascorbic acid?

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Abstrak

Background: The aim of the treatment for *Helicobacter pylori* (*H. pylori*) infection in any therapeutic context is the eradication of the organism from the fore gut. Triple or quadruple therapy has been widely accepted by many consensus as an eradication treatment in patients with ulcer or *HC pylori* positive dyspepsia, but in our experience, especially in Malang successful eradication with a combination of amoxicillin, clarithromycin, metronidazole and PPI was only found in 15-20% of patients, showing an inadequacy in the use of a combination of triple or quadruple drugs. This failure may be due to multi resistant *H. pylori*. Thus, we must look for another agent for successful eradication. Ascorbic acid is known to play a role in inhibiting *H. pylori* activities.

Objective: To evaluate the effect of the fleroxacin and ascorbic acid combination on *H. pylori* dyspeptic patients.

Design: Single blind randomized clinical trial.

Setting: Out-patients from The Gastro-Hepatology Clinic, Internal Department Medical Faculty Unibraw/Dr. Sahhil Anwar Hospital, Malang, East Java, Indonesia.

Patient: 30 patients were enrolled with a history of more than 3 months of dyspeptic symptoms with prior treatment using amoxicillin 500 t. id, metronidazole 500 :ng t. i.d, and lansoprazole 30 mg and persistent *H. pylori* after therapy.

Method: We administered a combination of fleroxacin 400 mg, ascorbic acid 1000 mg and lansoprazole to patients who had formerly taken amoxicillin, metronidazole and lansoprazole. These drugs were given for 14 days. Evaluation was performed 8 weeks after therapy. The pre-study showed that *H. pylori* strains in Malang, East Java, Indonesia were multi-resistant to many antibiotics.

Result: After 2 weeks of treatment and 8 weeks after termination of therapy 96, 6% of patients treated with fleroxacin, ascorbic acid and PPI demonstrated an absence of dyspeptic symptoms. The culture turned out negative and the treatment was found effective in eradicating *H. pylori* in 28 patients (93,3%).

Conclusion: Fleroxacin in combination with hexoamine, ascorbic acid and lansoprazole was efficacious in the treatment of *H. pylori* dyspeptic patients in Malang East Java, Indonesia.