



## What are Peptic Ulcers?

A peptic ulcer is a sore in the lining of the bowel in the stomach or the upper part of the small intestine (duodenum) which becomes inflamed when digestive acid and enzymes are produced to digest food. The ulcer causes pain and can be quite debilitating.

For many years it was thought that stress or certain foods caused ulcers. It is now known that most ulcers are caused by a bacterium called *Helicobacter pylori* (*H. pylori*) that infects the stomach and duodenum and results in inflammation, pain and the actual ulcer.

[Click to learn more!](#)

## How are Peptic Ulcers Treated?

*H. pylori* infections are becoming more difficult to treat. As a result, new recommendations for these infections were developed.

## How Do I Know if I Have an Ulcer?

Symptoms are not always the same for everyone who has a peptic ulcer. Some of the various symptoms are:

- pain in the upper abdomen (which may feel worse when fasting and be relieved by eating a meal)
- vomiting which may contain blood
- black, tarry stools
- loss of weight
- loss of appetite
- lethargy or tiredness

If you are experiencing the symptoms above, you may have an ulcer and should consult with your physician.

The main differences are in strength of antibiotics used and length of time medication should be taken to cure the infection.

Comparison of the previous vs new treatment recommendations for *H.pylori*:

	Past Recommendations	New Recommendations
Strength	<b>2</b> Combination of <b>2 antibiotics</b> plus proton pump inhibitor	<b>3</b> Combination of <b>3 antibiotics</b> plus proton pump inhibitor
Length	The standard <b>10 days</b> of treatment is becoming increasingly ineffective	<b>14 days</b> is now strongly recommended as the treatment time.

## BID ON ONE (OR MORE!) OF OUR AWESOME SILENT AUCTION PRIZES!



### Starting bid is \$500.00!

Support digestive health awareness, programs and research by bidding on some of our awesome prizes!

[CLICK HERE TO BID!](#)

### Prizes include:

- Year supply of Activia coupons
- 5 day 4 night Cancun Mexico Vacation!
- Individual Nutrition counselling package with Cheryl Corry, RD
- RIEDEL Overture Magnum Wine Glasses ++ More!

**JOIN THE TEAM TODAY!**



# THE CDHF RISE REVOLUTION... is back and BIGGER than ever!

## We want you on the CDHF Gum to Bum team!

Ride in one (or more!) of our beautiful locations this year. Whether you are a rider or a racer, there is a route that is perfect for you!

Funds raised will be used to fulfill the CDHF's mission of raising awareness and empowering people to take control of their health with confidence and optimism.

**Can't join us? Sponsor a rider today!**



**Date:** August 20, 2017

**Location:** l'Aqua complexe de Drummondville, Quebec



**Date:** September 16th, 2017 - September 17th, 2017

**Location:** Blue Mountains Collingwood, Ontario

Presented in Proud Partnership with:



Supporting Partner:



## GOT AN APPETITE FOR INFORMATION?

Follow us on social media for fun, up-to-date preventative health strategies from the experts everyday!



Canadian Digestive Health Foundation | 905.847.2002 | info@CDHF.ca | [www.CDHF.ca](http://www.CDHF.ca)


**UNDERSTAND. TAKE CONTROL. LIVE BETTER.**  
 Helping you take control of your digestive health with confidence & optimism.

**DONATE TODAY**