

# Upper gastrointestinal findings in diabetic outpatients at Kenyatta National Hospital, Nairobi.

## Abstract

### OBJECTIVE:

To determine the prevalence of *H. pylori* and the associated upper gastrointestinal endoscopic lesions in diabetic outpatients with dyspepsia.

### DESIGN:

Cross-sectional study.

### SETTING:

Kenyatta National Hospital (KNH), Nairobi, Kenya.

### SUBJECTS:

Adult diabetic outpatients with dyspepsia attending the KNH diabetic clinic.

### RESULTS:

Of the 257 randomly selected diabetic outpatients screened, 137 (53.3%) had dyspepsia. Seventy one of these patients underwent an upper gastrointestinal endoscopy. Fifty five (77.5%) of the 71 patients had *H. pylori* infection identified by rapid urease test and histology. The prevalence of *H. pylori* increased with HbA1c level but there was no statistically significant association with poor glycaemic control (HbA1c >7.0%). Forty eight (67.6%) of the 71 had gastritis, 17 (25.7%) had duodenitis, eight (11.3%) had oesophageal candidiasis, seven (9.9%) had bile reflux, six (8.5%) had reflux oesophagitis, six (8.5%) had ulcers (five duodenal, one gastric) and one (1.4%) had gastric cancer. Fourteen (19%) had endoscopically normal mucosa. The prevalence of *H. pylori* was 82.3% (32/38) in patients with antral gastritis. All ulcers and the cancer lesion (adenocarcinoma) were associated with *H. pylori*. Histological gastritis was found in 57 (81.8%) and was significantly associated with *H. pylori*.

### CONCLUSION:

Although dyspepsia is common in diabetic outpatients at KNH, endoscopic findings and *H. pylori* status are not significantly different from those of non-diabetic population.

