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RESEARCH ARTICLE

“QUALITY OF LIFE OF THE PEPTIC ULCER PATIENT”

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Abstract

New generation, which has been brought up in a world where geographical boundaries are no constraint is ready to try new recipes from across the world. The trend is catching up with the older generation also. But all such foods are not safe and can cause PUD. Various studies have shown detrimental effects of such so called “junk foods” on health of young adult males. Nowadays junk food has become the main attraction for the young generation as it also comes to western culture. The boys specially, who spend most of their time outside of their home, mainly eat unhygienic junk foods. For that reason, the attraction towards junk food increases and causes abnormalities to their digestion system, which ends in severe stages like ulcer. Most of the young people like to consume spicy and fatty foods, as spicy foods always look more colorful and more tasty than healthy foods which also causes extra attention to these foods. But they ignore the facts that spicy foods cause gas and acid formation and is very dangerous for health. Most of the young people are either engaged with study or engaged with jobs, and in both cases, they need to stay out of the house for maximum time which brings irregularity to their meal timing. The young adulthood is also sensitive because, at this age most people suffer from emotional stress which brings irregularity in sleeping, eating etc. These things affect their mental and physical health very badly as they can start smoking, drinking alcohol and can lead to severe disorders like Gastrointestinal disorders, or ulcers. etc. Sometimes people take drugs as pain killers which can cause other severe disorders (ulcer). Therefore, this study is a reflection of the life style related issues which become the major factors of causing ulcer like severities.

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Introduction:-

Peptic ulcer disease (PUD) is a break in the inner lining of the stomach, the first part of the small intestine, or sometimes the lower esophagus.[1] An ulcer in the stomach is called a gastric ulcer, while one in the first part of the intestines is a duodenal ulcer.[1] The most common symptoms of a duodenal ulcer of a duodenal ulcer are waking at night with upper abdominal pain and upper abdominal pain that improves with eating.(1) The pain is often

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described as a burning or dull ache(1) Other symptoms include belching, vomiting, weight loss, or poor appetite.(1)
Other symptoms include belching, vomiting, weight loss, or poor appetite(2)

Nowadays junk food has become the main attraction for the young generation as it also comes to western culture. The boys specially, who spend most of their time outside of their home, mainly eats unhygienic junk foods. For that reason, the attraction towards junk food increases and causes abnormalities to their digestion system, which ends in severe stages like ulcer. Most of the young people like to consume spicy and fatty foods, as spicy foods always look more colorful and more tasty than healthy foods which also causes extra attention to these foods. But they ignore the facts that spicy foods cause gas and acid formation and is very dangerous for health. Most of the young people are either engaged with study or engaged with jobs, and in both cases, they need to stay out of the house for maximum time which brings irregularity to their meal timing. The young adulthood is also sensitive because, at this age most people suffer from emotional stress which brings irregularity in sleeping, eating etc. These things affect their mental and physical health very badly as they can start smoking, drinking alcohol and can this lead to severe disorders like Gastrointestinal disorders, or ulcers. etc. Sometimes people take drugs as pain killers which can cause other severe disorders(ulcer). Therefore, this study is a reflection of the life style related issues which becomes the major factors of causing ulcer like severities.

Common causes include the bacteria. Helicobacter Peptic ulcer disease (PUD) is a break in the inner lining of the stomach, the first part of the small intestine, or sometimes the lower esophagus.(1) The most common symptoms pylori and non-steroidal anti-inflammatory drugs (NSAIDs).[1] The diagnosis is typically suspected due to the presenting symptoms with confirmation by either endoscopy or barium swallow.[1] Today we know that the main etiology of PUD originates from imbalance between invasive and defensive factors in the mucosa of stomach and duodenum. Clinical presentations includes dyspepsia (epigastric pain), GI discomforts like fullness, nausea, anorexia, weight loss, iron deficiency anemia and melena [3]. Several studies showed that the improvement in Quality Of Life (QOL) in patients with PUD plays an important role in the treatment of the disease [4]. It is notable that the Quality of Life is a concept that Cranberry Extract mucosal lesion (ADML)

Objectives:-

1. To find out how much effective the life style habits like, smoking, drinking alcohol, skipping meals, doing so much hard work to maintain busy schedule etc. are, on the study group.
2. To recognize the most harmful foods responsible for peptic ulcer in young men.
3. To make people aware of peptic ulcer disease and it's causes and how it can be prevented by modifying the life style habits.
4. To make young people understand why they are suffering from this type of disease in such a young age, in spite of having the best immune power in this particular age.

Methodology:-

1. **Type of study:** Cross-sectional study.
2. **Place of study:**Karandighi Block.
3. **Study duration:** 1 month.
4. **Study population:** The young adult males (Age,18-30 yrs.) who are suffering from peptic ulcer in the areas under Karandighi Block were eligible for the inclusion in this study.
5. **Type of sampling:** Complete Enumeration Method was used for collecting the information of all the patients.
6. **Data collection:** Among them some people were interviewed directly, and some were interviewed via phone call using a structured questionnaire which included mostly closed ended and few open-ended questions on a previously appointed date and time.
7. **Data Analysis:** Collected data is tabulated and analyzed using Microsoft Word by which proportion, means are calculated. As this study was conducted in census method, no
 - a. statistical test was applied,
8. **Awareness Generation Session:** A group discussion session was organized in Karandighi Govt, Hospital, on a particular date and time convenient to the percipients and findings of the study were shared with them and the gaps of the knowledge found in the study was addressed in the group discussion.

Result and Analysis:-

Total number of included people = 30

Total number of respondents in the study = 30

Response Rate = 100%

A. Distribution of respondents based on B.M. I

B.M.I classification**	No. Of people	Percentage (%)
17.0-18.49 kg/M ²	5	16.66
18.5-24.9 kg/M ²	22	73.33
≥25 kg/M ²	0	0
25-29.9 kg/M ²	3	10.00
30-39.9 kg/M ²	0	0
Total	30	100

** The International classification of adult underweight, overweight, and obesity according B.M.I(adapted from W.H.O,1995, W.H.O 200 and W.H.O 2004)

Majority of the respondents (66.6%) belonged to age group 18-22 years, in terms of gender 100% subjects were males. In case of the marital status most of the respondents are unmarried that is 93.33%.Most of them were students, that is 86.66% and having part time job were only 10 % .Majority (50%) of the student's monthly family income was 30-40 thousand,23.33% are under below 30 thousand monthly income and 26.66% were more than 50 thousand.

Most of the students (73.33%) had normal BMI but 10% students were in obesity stage and 10.4 were already in Obesity stage and 16.66% were underweight.

Table Number 2:- Distribution of respondents based on the knowledge of peptic ulcer.

Knowledge about peptic ulcer	No. Of people	Percentage (%)
• Yes	9	30
• No	21	70
Total	30	100

1. The results from the above table shows that among the respondents only (30 %) had heard of the term peptic ulcer.
2. **Fig .1:** Below pie chart showing the distribution of respondents and they heard the term peptic ulcer (out of the total 30 respondents).

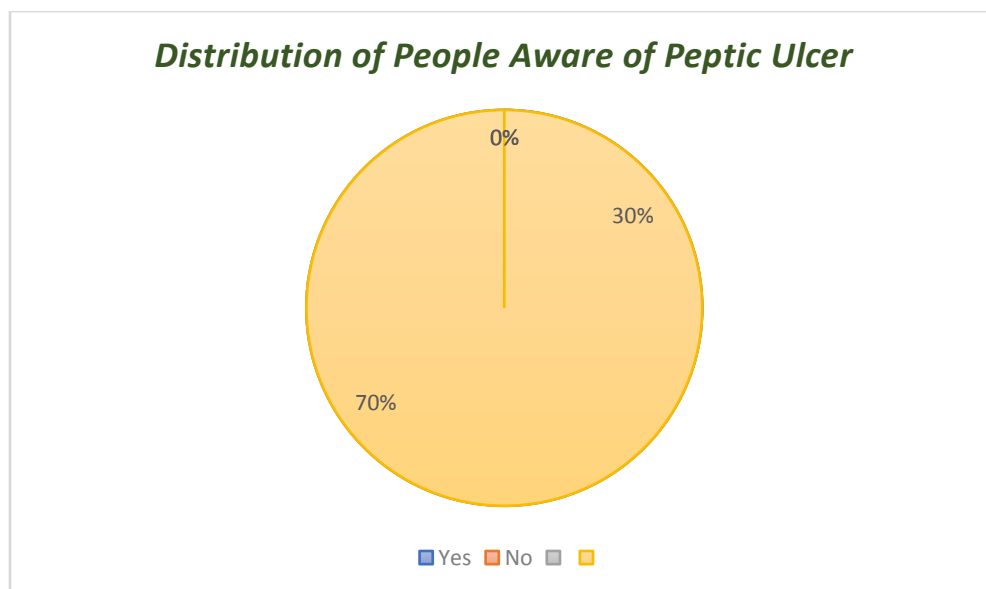


Table Number – 3

Fig .2:- Bar diagram showing the distribution of respondents and the frequency of their junk-food consumption in a week.

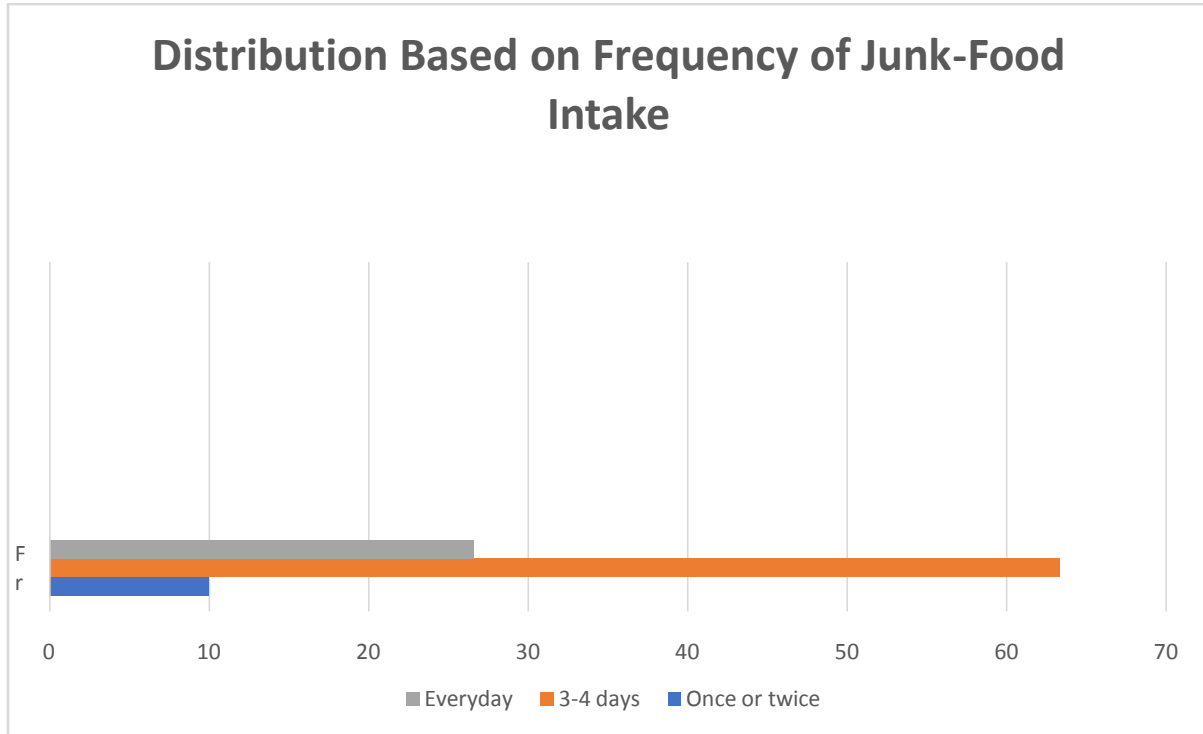


Table Number – 4

Fig. 3:- showing the distribution of respondents according to their daily leafy vegetable intake.

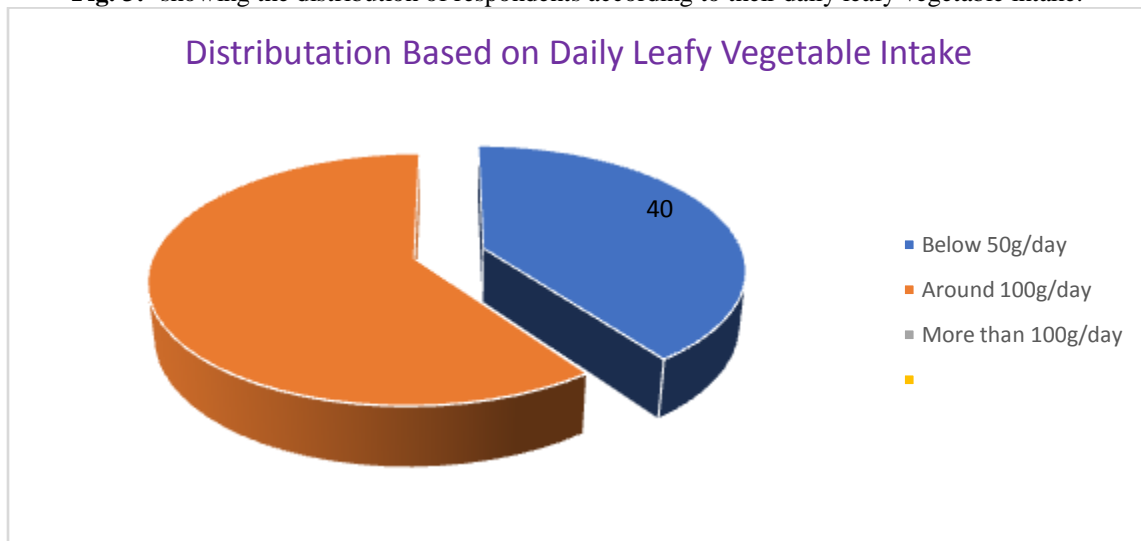


Table Number – 5

Fig. 4:- Following bar daiagram showing the distribution of respondents and the status of skipping meals-

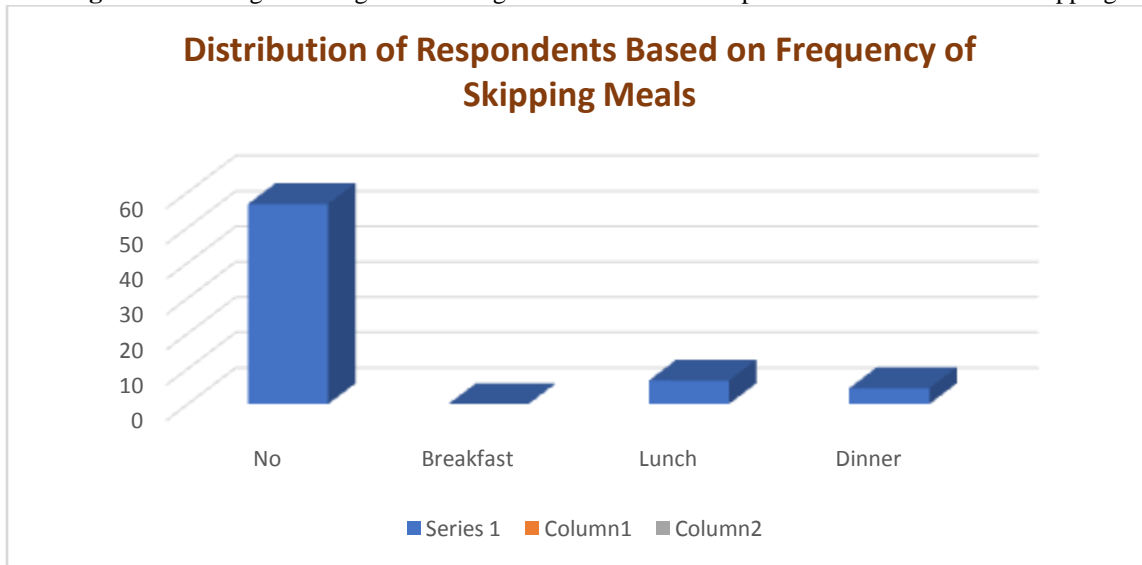


Table Number – 6

Fig.5:- Below pie chart showing the distribution of respondents and frequency of their daily meal frequency-

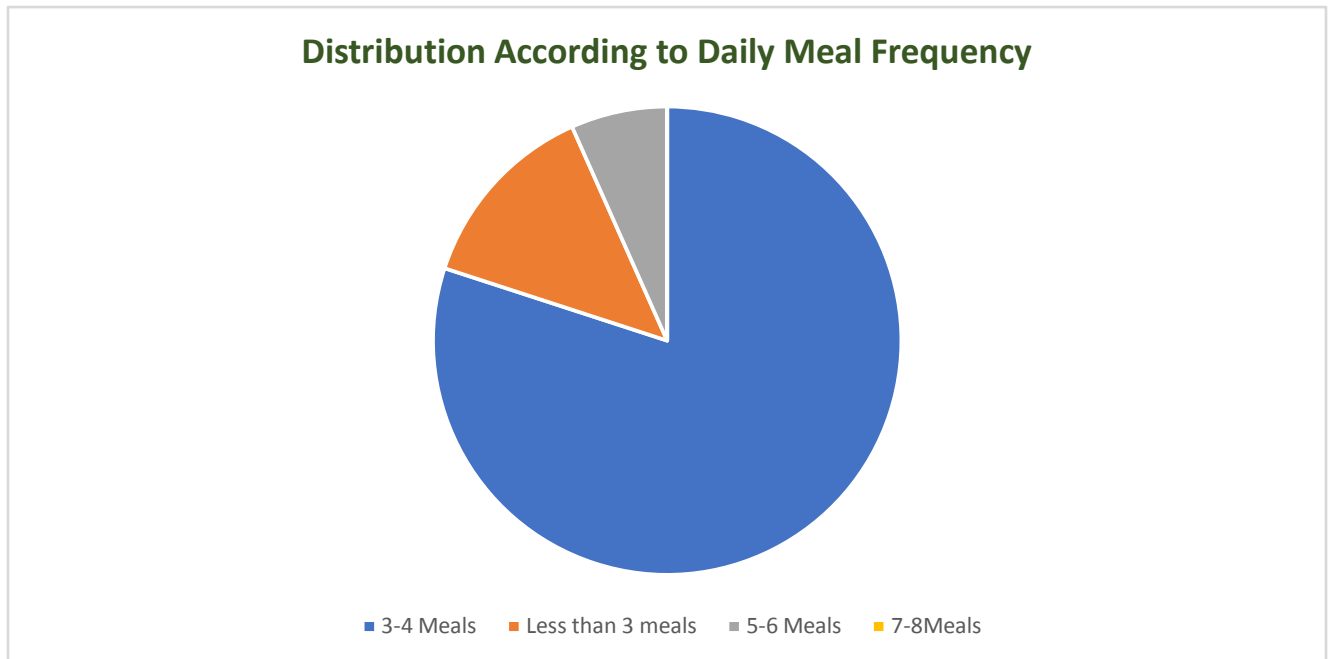


Table Number – 7

Fig. 6:- Following bar diagram showing the distribution of respondents and their smoking activity-

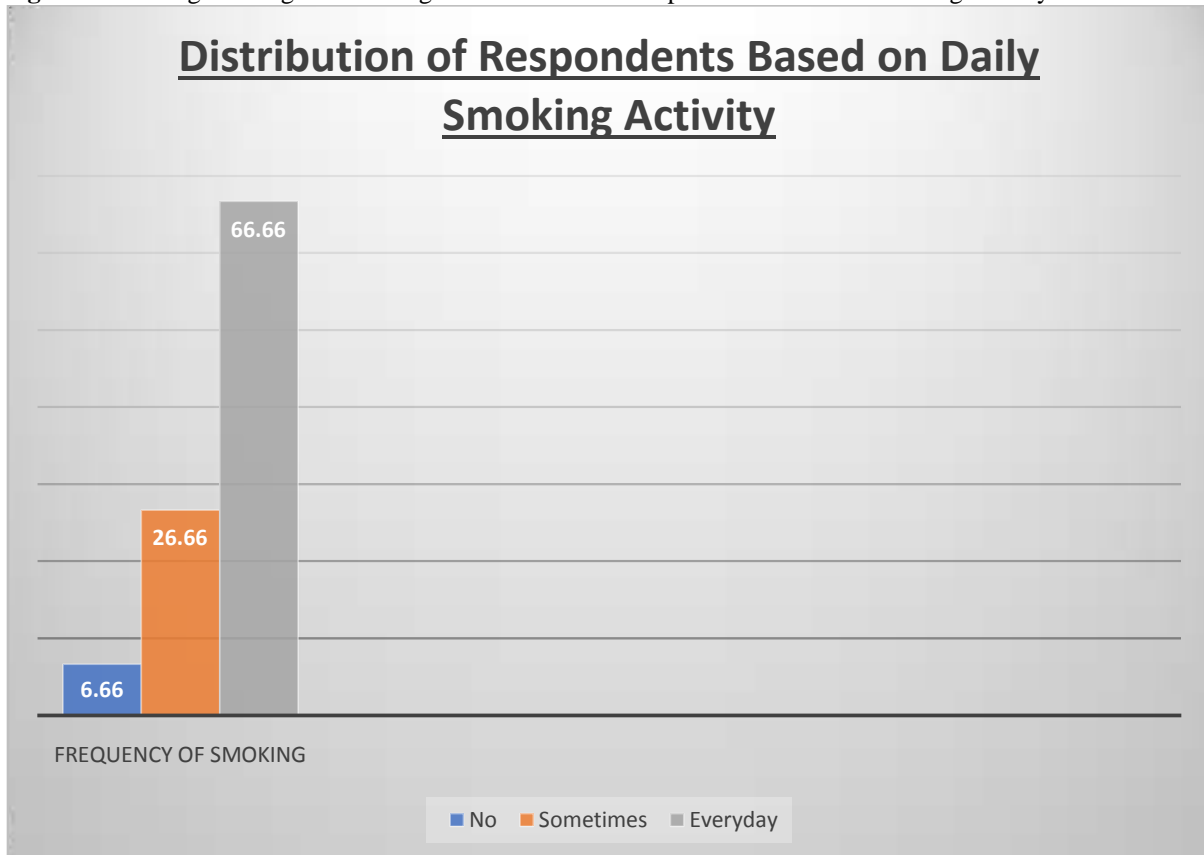


Table Number – 8

Fig .7:- The below bar daiagram showing the distribution of respondents and their alcohol consumption.

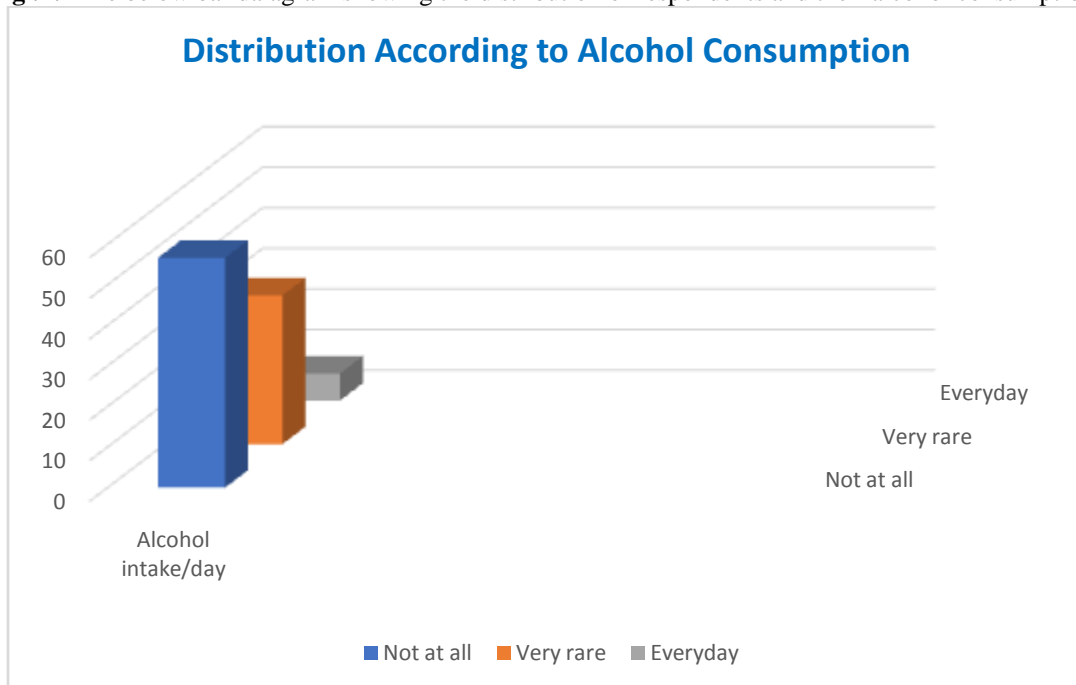


Table Number – 9

Fig. 8:- The following pie chart showing the distribution of respondents and their frequently eaten foods.

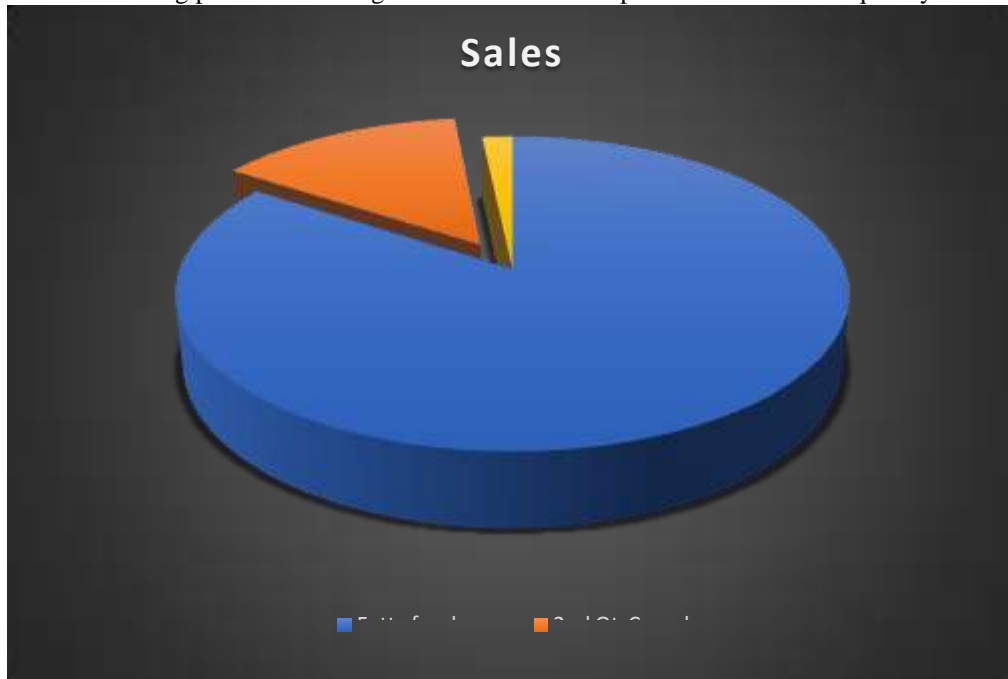


Table Number – 10

Fig. 9:- The following bar diagram showing the distribution of respondents and daily physical activity-

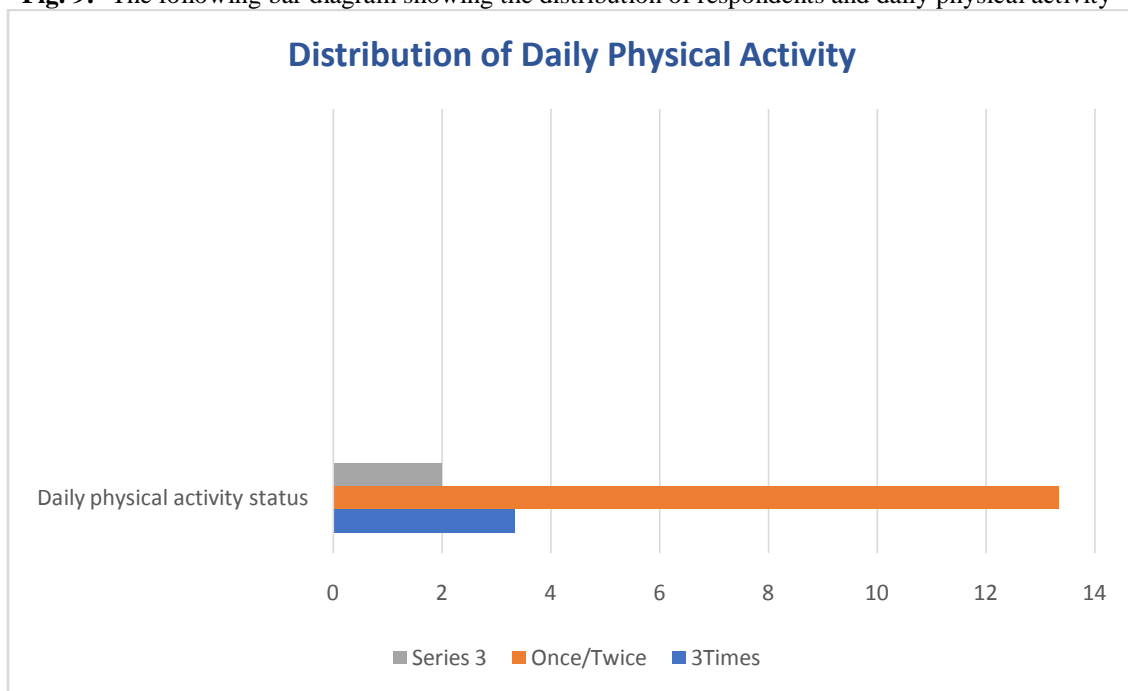


Table Number –11

Fig. 10:- Following bar daiagram showing the distribution of respondents and their daily drinking water.

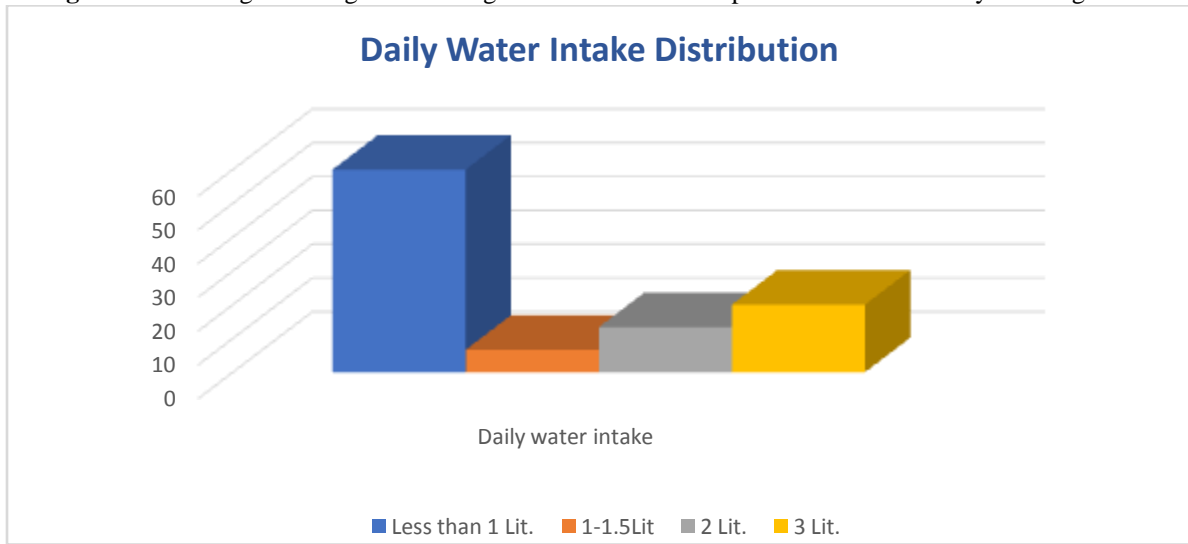


Table Number – 12

Fig .11:- Below pie chart showing the distribution of respondents and their regular sleep.



Table Number – 13

Fig .12:- Below bar diagram showing the distribution of respondents and their vomitting activity.

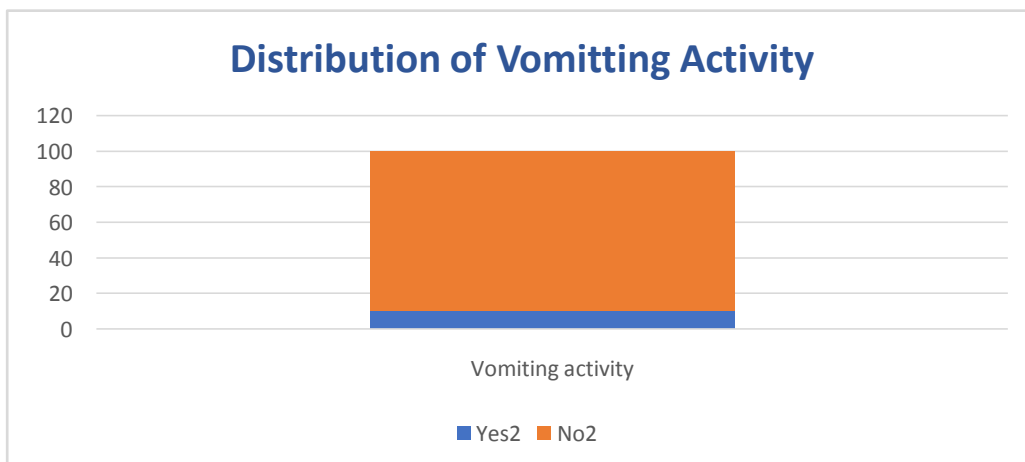


Table Number 14:- Distribution of respondents based on blood in stool-

Status	No. Of people	Percentage (%)
• Yes	4	13.33
• No	26	86.66
Total	30	100

The results from the above table shows that among all the respondents only 13.33% noticed blood in stool.

Fig. 14:- Below pie chart showing the distribution of respondents and the status of blood in their stool.

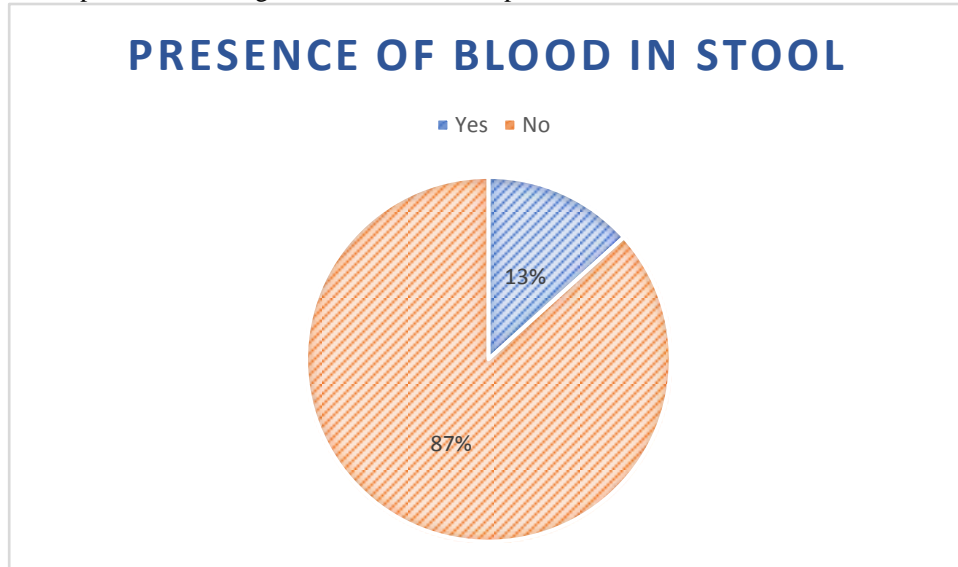


Table Number – 15

Fig.15:- Below pie chart showing the distribution of respondents and their status of Gastrointestinal Disorder.

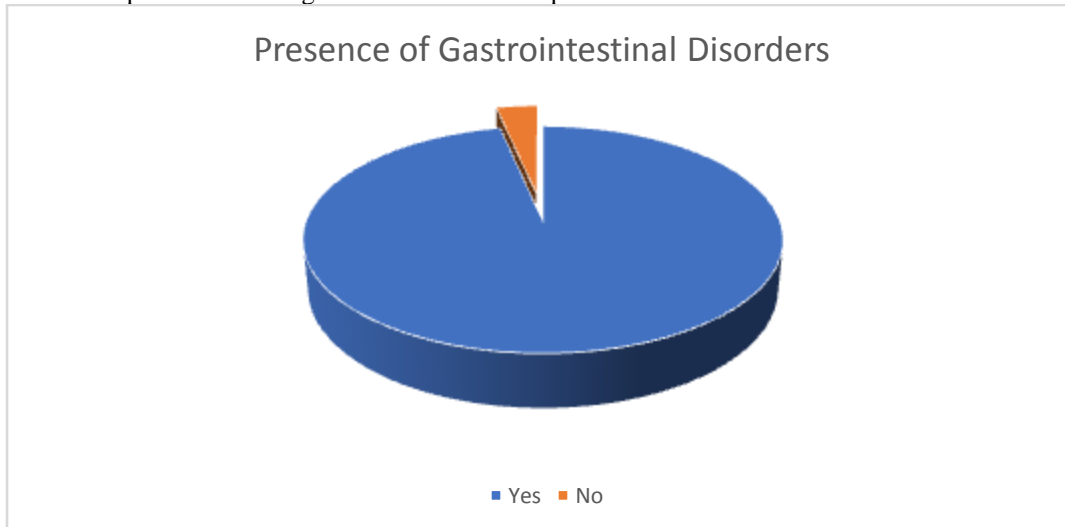
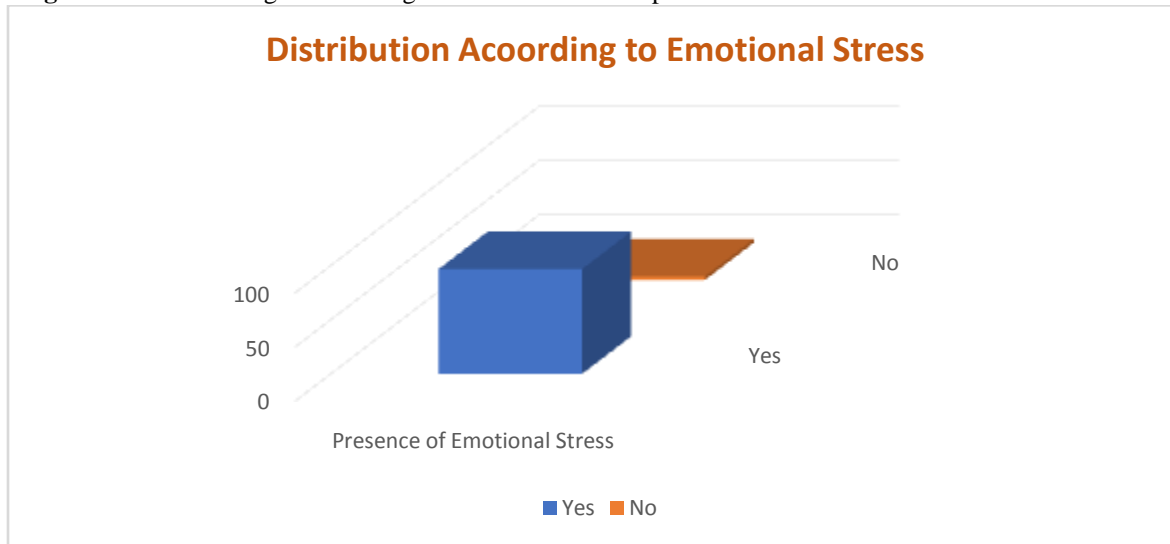


Table Number – 16

Fig.15:- Below bar diagram showing the distribution of respondents and the status of their emotional stress.



Discussion:-

1. The present study was carried out on the young adults Of the society, Krandighi, U. Dinajpur, West Bengal and included 30 respondents, all aged between 18 – 30 years .The study was carried out with the help of a prepared questionnaire ,used as a data collecting tool ,by interviewing each adult respondent. Some are interviewed via phone call, and some are interviewed in person.
2. In present study we have seen that only 30% people have knowledge about PUD, and the other 70% are not even aware of the disease, that is why they are more likely to be affected by PUD.
3. In the study “Incidence and Risk Factors for Self-reported Peptic Ulcer Disease in the United States” by James E. et al. in 1998, they have mentioned educational attainment as important factor to prevent ulcer.
4. In present study we can see in table no.1(E) that 23.33% people belong to low economic cost, and this can also be a reason of their bad food habit which makes them more vulnerable to PUD.
5. As we can see it was told in other studies too like, in the study “Incidence and Risk Factors for Self-reported Peptic Ulcer Disease in the United States” by James E. et al. in 1998, it was told that risk factors for incident ulcers includes lower income.
6. Another study by Dr. Sh. Muhammad Usman et al. named “Finding the Risk Factors Responsible for Peptic Ulcer Disease Among Patients Visiting Jinnah Hospital Lahore” in 2018, May 2, mentioned lower socio-economic status as major risk factor of PUD.
7. In the present study among the total male respondents 63.33% consume junk food frequently in 3-4 days in a week and 26.6% among them consume junk food in a regular basis. Junk food consumption is high among the respondents probably because they spend more time outside of the home so junk foods are easily available, low cost and easily accessible to them.
8. Males are always given enough pocket money by their parents, so that they are more likely to spend money on buying food from outside. Just because of they spend more time outside, to satisfy their hunger they eat food from outside most of the time.
9. As the males are not interested to cook their own food by themselves, so they are more likely to order food or buy food from outside. Findings are similar to previous study conducted by Dr. Sh. Muhammad Usman et al. in 2018, May 2, on their study “Finding The Risk Factors Responsible For Peptic Ulcer Disease Among Patients Visiting Jinnah Hospital Lahore” Where it was clearly described that eating habit like street food consumption is also a major factor which results in causing ulcer.
10. As we have seen in the study that among all respondents 43.4% skip their meals, which is not a healthy eating habit at all and this can affect severely in the case of peptic ulcer.
11. We have seen the same in the study conducted by Dr. Sh. Muhammad Usman et al. in 2018, May 2, on their study “Finding The Risk Factors Responsible For Peptic Ulcer Disease Among Patients Visiting Jinnah Hospital Lahore” Where it was described that eating habit like factors affected 20-40% people in their study in case of PUD .

12. A huge percentage of the respondents don't follow the ideal meal frequency, which is mandatory to maintain a good health and is also helpful to prevent disease like PUD. As we can see 80% of them only take 3-4 meals in a day, which is not enough to maintain good health.
13. We see the same in the study, conducted by Khawaja T Mahmood, et alon 2011, in his study he explained that how much important is good dietary habits, as it influences the risk of ulcer.
14. We can also take smoking as another major factor of causing PUD, as we have seen in the study "Incidence and Risk Factors for Self-reported Peptic Ulcer Disease in the United States" by James E. et al. in 1998, that. Smoking may be a stronger risk factor for chronic ulcers than for new ulcers.
15. In the study "Correlation between Peptic Ulcer Disease and Risk Factors" by Joo Won Kang, et al (2016, October 20), they have also mentioned that smoking is co-related with PUD.
16. Intake of excessive alcohol is also a big reason of causing PUD, as National Library of Medicine, (2018) stated in their study, "Risk factors for peptic ulcer disease: a population based prospective cohort study comprising 2416 Danish adults" that alcohol drinking is a factor which is effective in causing ulcer. In the present study, among 30 people, 6.66% consume alcohol in regular basis, who are mostly at the risk of suffering from ulcer rather than the other 36.66% who rarely consumes alcohol.
17. In other study named "Correlation between Peptic Ulcer Disease and Risk Factors", by Joo Won Kang, et al (2016, October 20), it was included that there is co-relation between drinking alcohol and PUD.
18. In the present study only 3.33% among the all respondents have ideal physical activity status in a regular basis, and 83.33% people among them rarely do physical activity and lead a sedentary lifestyle which is another factor of causing PUD among the people.
19. According to the study of Dr. Sh. Muhammad Usman et al. (2018, May 2), named "Finding the Risk Factors Responsible for Peptic Ulcer Disease Among Patients Visiting Jinnah Hospital Lahore" sedentary life style contribute to around 20-40% of all cases of PUD and physical exercise can help prevent PUD and its complications.
20. Emotional stress is very common in modern young adulthood and in this present study 96.66% are having stress. There are so many studies which have proved the same. A study named "Lifestyle, Stress, and Genes in Peptic Ulcer Disease: A Nationwide Twin Cohort Study" by Ismo Raiha, et al. (1998, April, 13) stated that stress in men is a very common reason of causing ulcer.
21. In another study named "Perceived stress as a risk factor for peptic ulcers: a register-based cohort study" by Ulrik Deding, et al. (2016, 28 Nov) described in their survey that association between stress and peptic ulcers has been found in their study.
22. Another study "Risk factors leading to peptic ulcer disease" by Aghareed M. Asali, et al. (2018, Oct. 7) stated that stress increase the risk of PUD occurrence so successful eradication and prevention of the risk factors should be conducted to prevent the presence of PUD and its complication.

Conclusion:-

The study reveals that the young males of the society are very careless about their daily life style as most of them doesn't even try to maintain their health properly. In this age most of them doesn't take meals in proper frequency (80% only takes 3-4 meals in a day); majority is suffering from emotional stress (96.66%); some of them skip meals (almost 37%). A huge amount of people had GI disorders (96.66%); most of them (76.66%) take less than 5 hours of continuous sleep. Among all the respondents, 86.66% were students but still they continued to follow bad life style habits which made them suffer in this disease and among them only 30% people were aware about PUD in spite of being educated. Almost 63.33% people consumes junk food in regular basis (3-4 days/week); some of them (6.66%) drinks alcohol in a daily basis and most of them (66.66%) had smoking habits in a regular basis. They continued those bad life style habits in spite of knowing the risks and bad affects of all of the above facts and in this way, they got responsible for their own bad health and invited PUD themselves. The specific questionnaire revealed the facts, by which the modern society is getting affected by ulcer.

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