

DISH STUDY RESULTS



Thank you for participating!

We want to thank you for participating in the **DISH** study about the bacteria *Helicobacter pylori* (*H. pylori*) in Durham! We cannot do research like this without partners like you who help to advance science and build healthy communities.

What We Wanted To Know

We wanted to find out how many people in our community are infected with *H. pylori*, and how to help them seek treatment. Infection often has no symptoms, and most people with *H. pylori* don't know they have it. But, it is the main cause of stomach cancer in America. Stomach cancer is the #6 cause of cancer deaths in Black men. The good news is that *H. pylori* is easy to treat (2 weeks of antibiotics + a proton pump inhibitor like Prilosec). Getting rid of *H. pylori* lowers the risk of getting stomach cancer by 50%. Identifying and treating people with it can save countless lives.



DISH

Durham Initiative for
Stomach Health





Who Was In The Study



92 Volunteers



Average Age: 54

Everyone who joined the study:

- Filled out a questionnaire
- Gave a blood sample
- Did a breath test for *H. pylori*

All participants enrolled in the **DISH** study at The River Church in Durham, NC on May 15, 2018.



What These Results Mean

- If the test result we mailed to you was negative, it means you don't have *H. pylori*.
- 1 out of every 4 people in our study was positive for *H. pylori* and referred for treatment.
- Most people only need 1 round of treatment to clear the infection, but about 30% of people will need more.



What We Learned

- 23 study participants had an *H. pylori* infection.
- 20 of the participants who had an infection got treatment from their doctors.
- 14 of the participants who got treatment for *H. pylori* cleared the infection after just 1 round of treatment.
- Participants were not any more or less likely to have *H. pylori* based on their age, gender, or medical history.



Our Next Steps

We shared this information with Duke doctors and healthcare providers. These providers have told us that they will engage in more discussion about *H. pylori* and treatment with their patients. In addition, more follow-up testing will be done after treatment to confirm that an infection is cleared. If the infection is still there after treatment, then additional treatment (as well as procedures, if appropriate) will be done until a patient tests negative.