

# THE INFLUENCE OF FOUR-WEEKS ABSTINENCE ON MACRO- AND MICROSCOPIC APPEARANCE OF THE UPPER GASTROINTESTINAL TRACT MUCOSA AND ON OESOPHAGEAL AND GASTRIC PH-METRY IN ALCOHOL-DEPENDENT MALE PATIENTS

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**ABSTRACT** – Chronic alcohol abuse may result in dyspeptic symptoms, oesophageal and gastric mucosa injury with severe complications and changes in gastric acid secretion with bacterial overgrowth when pH value is increased. The aim of this study was to estimate changes in macro and microscopic appearance of upper gastrointestinal tract and oesophageal and gastric pH in alcohol-dependent male patients during 4-weeks long abstinence period. The study was made in 47 patients, who drank alcohol not later than two weeks before the study start. In each subject 24-hours oesophageal and gastric pH-metry an endoscopy of the upper gastrointestinal tract with oesophageal and gastric biopsy and *Helicobacter pylori* infection diagnosis was performed. Examinations were repeated after 4 weeks of controlled abstinence. Oesophageal lesions were found in 36% of patients, the improvement was observed in 35%. Macroscopic and microscopic features of inflammation were found in gastric mucosa, nearly always in the antral part. The improvement in control examination was observed mainly in more advanced stages of inflammation. *H. pylori* infection was diagnosed in 76% of patients. There were no statistically significant changes in estimated pH-metry parameters in the two examinations.

**Conclusions:** In alcohol dependent patients oesophagitis and *Helicobacter pylori* infection is often observed. Improvement of oesophagitis and gastritis after 4-weeks long abstinence period takes place mainly in more advanced stages of inflammation, what in absence of changes in gastric acidity and *Helicobacter pylori* infection suggests the influence of other factors on inflammation processes in the upper digestive tract in alcohol dependent patients.

**Key words:** alcohol dependence, gastritis, *Helicobacter pylori*, gastric acidity.