Clinical Features of Gastroduodenal Ulcer in Young Military Soldiers

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Background/Aims: The endoscopic findings and clinical features of gastroduodenal ulcers have not been thoroughly investigated in young military soldiers.

Methods: We enrolled every upper endoscopy performed in young military soldiers at Armed Forces Capital Hospital from May 1 2009 to April 30 2010. The endoscopic findings and clinical characteristics of the patients with gastroduodenal ulcer were analyzed.

Results: A total of 1,064 upper endoscopies were performed. Active ulcer was noticed in 50 patients (4.7%). The most common presenting symptom was epigastric soreness (42%), followed by abdominal pain (32%). Ulcer-related complication was noticed in 11 patients (22%). Gastrointestinal bleeding, perforation, outlet obstruction was noticed in 6, 3, and 2 patients, respectively. The location was duodenum in 39 patients (78%), stomach in 9 patients (18%), and both duodenum and stomach in 2 patients (4%). There was no malignant ulcer. Ulcers could be classified into Helicobacter pylori positive in 38 patients (76%), non-steroidal anti-inflammatory drug (NSAID) induced in 5 patients (10%), Helicobacter pylori and NSAIDs positive in 3 patients (6%), and Helicobacter pylori and NSAIDs negative in 4 patients (8%). Seventy-eight percent of patients were active smoker.

Conclusions: Helicobacter pylori infection was main etiology of peptic ulcer among young military soldiers. Most of them were active smoker, suggesting smoking may be an important risk factor.

Key Words: Peptic ulcer, Smoking, Helicobacter pylori