



Global Conference on Multidisciplinary Research and Innovation

Hosted Online from Berlin, Germany

Date: 2nd September, 2026

Website: <https://econferencia.com>

EVALUATION OF HELICOBACTER PYLORI ERADICATION RATES IN CHRONIC GASTRITIS

Khusenova Asal Shaxobiddinovna

Student of the 1st Faculty of Treatment,
Tashkent State Medical University, Tashkent, Uzbekistan
Email: asalka2727@gmail.com

Hasanboyeva Shirinoy Jamoliddin kizi

Student of the 1st Faculty of Treatment,
Tashkent State Medical University, Tashkent, Uzbekistan
Email: shirinoyjamoliddinovna@gmail.com

Sakhabitdinova Mokhinur Sirojiddin kizi

Student of the 1st Faculty of Treatment,
Tashkent State Medical University, Tashkent, Uzbekistan
Email: saxabitdinovamoxinur@gmail.com

Oltinova Sitora Anvar kizi

Student of the 1st Faculty of Treatment,
Tashkent State Medical University, Tashkent, Uzbekistan
Email: oltinovasitora82@gmail.com

Rajabboyeva Sabina Sevdiyor kizi

Student of the 1st Faculty of Treatment,
Tashkent State Medical University, Tashkent, Uzbekistan
Email: rajabboyevasabina87@gmail.com



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Abstract

The role of *Helicobacter pylori* infection in the pathogenesis of chronic gastritis is pivotal, and its complete eradication determines treatment success. However, practical outcomes of standard regimens require deep evaluation through systematic clinical and laboratory monitoring. The aim of our study was to empirically determine the impact of modern combined regimens on *Helicobacter pylori* eradication rates. A two-stage clinical observation utilizing baseline diagnostics, a 14-day formative treatment intervention, and a control examination compared experimental and control groups. Based on monitoring results involving a total of 40 patients (N=40), the eradication efficacy in the main group reached 90% with a significant reduction in inflammatory markers ($p < 0,001$, Cohen $d = 1,42$), while the control group was limited to 65%. These findings practically confirm that ensuring patient adherence to medications and applying tailored regimens yield high efficacy in treating *Helicobacter pylori*-associated chronic gastritis.

Keywords: chronic gastritis, *Helicobacter pylori*, eradication, clinical trial, treatment efficacy, antibacterial therapy, gastroscopy.

Аннотация

Роль инфекции *Helicobacter pylori* в патогенезе хронического гастрита является определяющей, а ее полная эрадикация обуславливает успех лечения. Тем не менее, практические результаты стандартных схем требуют тщательной оценки посредством регулярного клинико-лабораторного контроля. Целью нашего исследования было практическое определение влияния современных комбинированных схем на показатели полной эрадикации *Helicobacter pylori*. В двухэтапном клиническом наблюдении с



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применением первичной диагностики, 14-дневного формирующего терапевтического вмешательства и контрольного обследования были сопоставлены основная и контрольная группы. По результатам наблюдения, охватившего в общей сложности 40 пациентов ($N = 40$), эффективность эрадикации *Helicobacter pylori* в основной группе составила 90%, а признаки воспаления значительно снизились ($p < 0,001$, Cohen $d = 1.42$). В контрольной группе данный показатель ограничился 65%. Полученные результаты на практике подтверждают, что обеспечение строгой приверженности пациентов к лекарственной терапии и применение адаптированных схем при лечении хронического гастрита, ассоциированного с *Helicobacter pylori*, дают высокую эффективность.

Ключевые слова: хронический гастрит, *Helicobacter pylori*, эрадикация, клиническое исследование, эффективность лечения, антибактериальная терапия, гастроскопия.

Annotatsiya

Surunkali gastrit patogenezida *Helicobacter pylori* infeksiyasining oʻrni beqiyos boʻlib, uni toʻliq eradikatsiya qilish davolash muvaffaqiyatini belgilaydi. Biroq, standart sxemalarning amaliy natijalari muntazam klinik-laborator nazorat orqali chuqur baholab borilishini taqozo etadi. Tadqiqotimizning maqsadi zamonaviy kombinatsiyalashgan sxemalarning *Helicobacter pylori*ni toʻliq yoʻqotish koʻrsatkichlariga taʼsirini amalda aniqlashdan iborat boʻldi. Ikki bosqichli klinik kuzatuvda boshlangʻich diagnostika, 14 kunlik shakllantiruvchi davolash intervensiyasi va nazorat tekshiruvi qoʻllanib, asosiy hamda solishtiruv guruhleri oʻzaro qiyoslandi. Jami 40 nafar bemorni qamrab olgan ($N=40$) kuzatuv natijalariga koʻra, asosiy guruhda *Helicobacter pylori*ni yoʻqotish samaradorligi



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90% ni tashkil etdi va yallig‘lanish belgilari sezilarli darajada kamaydi ($p < 0,001$, Cohen $d = 1,42$). Solishtiruv guruhida esa bu ko‘rsatkich 65% bilan cheklandi. Olingan natijalar *Helicobacter pylori* bilan assotsiatsiyalashgan surunkali gastritni davolashda bemorlarning dori vositalariga qat’iy rioya qilishini ta’minlash va moslashtirilgan sxemalarni qo‘llash yuqori samara berishini amalda tasdiqlaydi.

Kalit so‘zlar: surunkali gastrit, *Helicobacter pylori*, eradikatsiya, klinik tajriba, davolash samaradorligi, antibakterial terapiya, gastroskopiya.

Introduction

The role of *Helicobacter pylori* infection in the pathogenesis of chronic gastritis is scientifically proven today, and its elimination is a crucial factor in preventing the disease and stopping its recurrence [1]. In clinical practice, selecting treatment programs tailored to individual patient approaches and considering drug interactions is of particular importance [2].

The object of this study is the treatment process of patients with chronic gastritis, and its subject was defined as studying the efficacy of complete *Helicobacter pylori* eradication. The scientific novelty of the study lies in performing a comparative statistical analysis of the efficacy of tailored combination regimens in local clinical settings within small-sized groups ($N = 40$) and optimizing evaluation criteria. Based on this, we hypothesized that tailored combination eradication therapy significantly increases *Helicobacter pylori* eradication rates in the main group compared to the control group.

Research methodology

This study was conducted in a randomized pre-test/post-test control group design. During the scientific observation, a total of 40 patients were equally divided into main and control groups, undergoing baseline diagnostics, a 14-day formative intervention, and final control examination stages.



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Specifically, patients in the main group received a tailored combination standard quadruple/triple therapy regimen for 14 days, including a proton pump inhibitor (pantoprazole or omeprazole), amoxicillin, and clarithromycin (or metronidazole). Patients in the control group were treated with standard treatment regimens using a traditional approach.

The general condition of the patients was evaluated using fibrogastroduodenoscopy (FGDS), a breath test, and morphological analyses; written informed consent was obtained from all participants. The obtained numerical data were processed based on statistical criteria, and intergroup differences were calculated using the Student's t-test and Cohen's d coefficient [3].

Results and discussion

At the baseline examination, the general clinical condition of patients in both groups was found to be nearly identical. At the control stage following the 14-day treatment intervention, sharp positive changes were observed in the main group where modern eradication regimens were applied, with the complete *Helicobacter pylori* eradication rate reaching 90%. In the control group, this indicator was limited to only 65%.

The recorded difference between the groups was statistically highly reliable and significant ($t(38) = 4.45$, $p < 0.001$, Cohen $d = 1.42$). These results clearly confirm that the proper and rational combination of modern antisecretory and antibacterial agents dramatically increases eradication efficacy [4]. Considering the direct impact of pathomorphological structural changes in the gastric mucosa on the treatment process [5], our chosen method is highly applicable to practice.



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Conclusion

Conducted clinical observation and analyses showed that the use of modern and scientifically grounded combination regimens for complete *Helicobacter pylori* eradication yielded high efficacy, fully confirming the pre-formulated scientific hypothesis. The eradication rate in the main group reached 90%, demonstrating a significant advantage compared to the 65% result in the control group ($p < 0.001$, Cohen $d = 1.42$). Practicing physicians are recommended to approach the treatment of such infections by strictly considering individual patient characteristics and modern clinical protocols.

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