



IDENTIFICATION OF CHRONIC GASTRITIS TYPES IN PATIENTS WITH CHRONIC GASTRITIS

Qudratov Javlonbek Abdusalom o'g'li

Raupov Suxrob Ikromovich

Rajabov Qobiljon Orif o'g'li

Samarkand State Medical University,

Department of Internal Diseases No. 3, 1st-year clinical residents:

Scientific Supervisor: Docent Mirzayev Ozod Voxidovich,

Department of Internal Diseases No. 3,

Samarkand State Medical University.

Abstract

Chronic gastritis is a long-term disease characterized by inflammation and dystrophic changes in the gastric mucosa, leading to impaired physiological regeneration, glandular atrophy, and altered motor, secretory, and endocrine functions. Today, gastritis ranks first among gastrointestinal diseases. Identifying the causes and types of gastritis in a timely manner and implementing effective treatment strategies remain pressing issues in modern medicine. By observing and listening to the complaints of patients who visited us with gastritis, we obtained the following results.

Keywords: Gastritis, EFGDS, antacids, gastroprotectors, proton pump inhibitors, H2-histamine blockers.

Research Objective: To identify the types of gastritis in patients suffering from this disease and implement effective treatment measures.

Introduction:

Chronic gastritis is a progressive disease affecting the gastric mucosa and the glands responsible for secreting hydrochloric acid, pepsin, and mucus.

Theoretical Part:

Chronic Gastritis with Increased Acidity:

Upper abdominal pain



International Conference on Medical Science, Medicine and Public Health

Hosted online from Jakarta, Indonesia

Website: econfseries.com

28th February, 2025

Pain occurring on an empty stomach and subsiding after eating

Heartburn, belching, tendency to constipation

Chronic Gastritis with Decreased Acidity:

Feeling of fullness

Nausea, belching, bloating, diarrhea

Dull epigastric pain, aggravated by walking

Methodology and Results:

From 2024 to 2025, 2,343 patients visited us with complaints related to digestive system disorders. Gastritis was diagnosed in 1,240 of them. Among these patients, 75% (930 cases) were between the ages of 30 and 60.

Gender distribution:

Men: 545

Women: 385

Endoscopic examination (EFGDS) revealed that in 85% (1,054 cases), the primary issue was in the antral region of the stomach. A positive *Helicobacter pylori* test confirmed that these cases belonged to Type B chronic gastritis. Based on detailed examinations, appropriate diagnoses and treatment plans were provided to patients.

Medications Used in the Treatment of Chronic Gastritis:

Antacids (neutralize hydrochloric acid, reduce pepsin activity):

L Amagel, Maalox, Phosphalugel

H2-histamine blockers: Ranitidine, Famotidine

Proton pump inhibitors: Omeprazole, Lansoprazole, Pantoprazole, Rabeprazole

Gastroprotectors: De-Nol, Sucralfate

Antibiotics (for *Helicobacter pylori* eradication): Amoxicillin, Clarithromycin, Metronidazole

Conclusion

The study results indicate that gastritis occurs more frequently in men than in women, primarily due to harmful habits such as smoking and alcohol consumption. Among the various types of chronic gastritis, 85% were identified as *Helicobacter pylori*-associated (Type B) gastritis. After implementing appropriate treatment



International Conference on Medical Science, Medicine and Public Health

Hosted online from Jakarta, Indonesia

Website: econfseries.com

28th February, 2025

strategies, patients were advised to adopt a healthy lifestyle, eliminate harmful habits, and follow preventive measures for long-term management.

References:

1. Mayo Clinic – <https://www.mayoclinic.org>
2. WebMD – <https://www.webmd.com>
3. Healthline – <https://www.healthline.com>
4. Cleveland Clinic – <https://my.clevelandclinic.org>
5. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) – <https://www.niddk.nih.gov>
6. MedlinePlus (NIH) – <https://medlineplus.gov>
7. Verywell Health – <https://www.verywellhealth.com>