

# ***Helicobacter pylori* infection in patients with chronic urticaria in Yangon General Hospital, Myanmar**

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## **ABSTRACT**

**Introduction:** Urticaria is characterized by a skin lesion that presents as a wheal-and-flare reaction, where localized intracutaneous edema (wheal) is surrounded by a red area (erythema) that is typically itchy (Kaplan, 2012). Urticaria is a common condition, affecting an estimated 15% of the population at some point in their lives. **Objective:** The aim of this study was to investigate the association between *Helicobacter pylori* infection and chronic urticaria. The diagnosis of urticaria in all patients was primarily based on history taking, physical examination, and serological analysis. **Materials and Method:** This hospital-based cross-sectional comparative study was conducted from August 2020 to July 2021, involving 46 patients with chronic urticaria attending the outpatient department of Dermatology at Yangon General Hospital and 46 healthy, age- and sex-matched controls. A serological study was performed on both groups, utilizing a rapid one-step test for the qualitative detection of antibodies to *H. pylori* in human serum or plasma. **Results:** Twenty patients with chronic urticaria (43.48%) tested positive for *H. pylori* in the serological test. In contrast, only 8 out of 46 healthy individuals (17.39%) were seropositive, while 38 (82.61%) tested negative. The findings revealed a statistically significant difference ( $p=0.007$ ), with *H. pylori* seropositivity being 3.654 times higher in patients with chronic urticaria compared to the control group (95% CI: 1.399-9.540). **Conclusion:** Despite some limitations, this study provides valuable insights into a relatively large series of clinical presentations and the appearance of urticaria patients attending a dermatology clinic over the course of a year. It also offers an estimate of the relationship between urticaria and *H. pylori* infection.