

Uninvestigated dyspepsia and its related factors in an Iranian community

To the Editor

In a recent paper, Barzkar et al¹ explored, in a large Iranian population (Tehran province), the prevalence, and risk factors of uninvestigated dyspepsia (UD). A total of 18,180 participants were included in this cross-sectional study. They completed a questionnaire consisting of a demographic and a clinical part. Among them, 1547 had functional dyspepsia based on Rome III criteria. The prevalence of UD was 8.5% higher in females, in age group >70 years, with low education. Half of the patients were overweight or obese. Correctly, according to the Rome III criteria, they separated reflux-like dyspepsia.¹ We found these data very interesting and the study design strong. There is another aspect that merits highlighting. *Helicobacter pylori* (*H. pylori*) infection, involved in gastric² and extragastric³ diseases, may have a role in a subset of the cases of dyspepsia.⁴ Hence, to detect the infection by a non-invasive approach is the main initial strategy in patients with dyspepsia without "alarm" symptoms.⁵ In areas with low *H. pylori* prevalence (<20%), proton pump inhibitor empirical treatment or a test and treat strategy were considered to be equivalent options.⁵ Therefore, knowing the prevalence of this infection is a clue to define a health policy in each area. It would be interesting to know if the authors have data on the prevalence of *H. pylori* infection in the examined population, and if studies have been conducted on this specific topic.

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Reply from the Author

We thank Dr Pellicano and Dr Fagoonee for their valuable comments. They are concerned with knowing the prevalence of *H. pylori* infection in the examined population. We did not study the infection of *H. pylori* in this cross-sectional study due to some limitations, but in the same community based study conducted by our research center in the west of Iran, the seroprevalence of *H. pylori* was observed to be high, 71% (95% CI: 69%-73%).⁶ This corresponds very closely to figures from other developing countries.^{7,8}

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