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Assessing prevalence and risk factors of *Helicobacter pylori* infection in the Northwest region of Cameroon

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Helicobacter pylori remain a public health problem and a major cause of peptic ulcer disease and gastric with a prevalence of about 70% in developing countries. This study was carried out in Tubah District Hospital in the Northwest region to assess the prevalence and risk factors associated to *H. pylori* from March to August 2014 with ethical clearance from the institutional ethical board. In all 400 subjects between 16-73 years were recruited. An open ended questionnaire was administered to capture information on socio-demographic data, risk factors and knowledge. Blood samples were collected and tested for the presence of the parasite using the Pylori test strip. The prevalence of *H. pylori* in the study population was 240 (60%). There was a significant difference p<0.05 in the prevalence of *H. pylori* among the age group, gender, occupation, educational level, monthly income and number of occupant in a house. The highest prevalence 112 (82.2%), 186 (75.0%), 160 (66.6%), 96 (40%), 152 (63.3%) and 166 (69.2%) was seen in the age group >34 years, female, students, those who attained primary education, monthly income <50,000 rupees CFA and >10 occupant in a house, respectively. The higher proportion 160 (61%) had poor knowledge about the disease (p=0.02). A multivariate analysis showed a positive correlation between sex, age, number of house occupant, knowledge, monthly income and occupation and the prevalence of *H. pylori*. Although no significant difference between the different treatment options, most subjects 224 (56%) prefer traditional herbs. Data from this study showed that gender, age, number of house occupant, knowledge, monthly income and occupation are risk factors of *H. pylori*.

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