

CORRELATION BETWEEN BEER AND PEPTIC ULCER

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Abstract

The paper describes new correlation between Beer and peptic Ulcer, Erosion, heartburn, Flatulence and other gastrointestinal complaints. It is discussed a little randomized controlled trial, performed by me as a master of public health, which took place in Tbilisi, Georgia and found Connection between beer misuse and gastrointestinal complaints.

Keywords: Beer, peptic ulcer, Heartburn, Flatulence, alcohol misuse, trial.

Alcohol is a popular substance consumed by many people around the world in varying doses and frequency. Alcohol consumption has a negative effect not only on the users, but also on the family and the whole society. Alcohol is one of the most commonly used recreational substances in the world, and one in three people is a current user. 2.348 billion people over the age of 15 (43% of the population) consume alcoholic beverages, and men drink twice as often as women (53.6%/32.3%). According to the Global Alcohol and Health Report (2018) published by the World Health Organization (WHO), total alcohol consumption per capita (APC) worldwide among those aged 15 and over increased from 5.7 liters in 2000 to 6.4 liters in 2016. Harmful alcohol consumption is a major public health problem and is known to be associated with more than 200 diseases. Policies and measures to prevent alcohol consumption are not adequately implemented, and the proportion of alcohol-related diseases in various populations is increasing significantly. (Mustafa Necmi Ilhan, 2020)

For example, in the US, drinking beer is equated with entertainment, Holidays, sporting events. Eventually all this took the form of a business and it is combined with a lot of activities. The popularity of beer is growing year by year both in the world and also in Georgia. The largest amount of beer is consumed in China, although this is not due to the fact that China has the largest number of people in the world. In contrast, in India, which is the second most populous country in the world, beer is not very popular

By surveying patients who refer to a gastroenterologist with certain complaints, it is easy to see that drinking beer for relaxation and entertainment is quite popular. Beer is the most frequently consumed drink in gathering places of young people. It is also worth noting the fact that Georgian people, both men and women, drink a large amount of beer during the 2-hour period. Non-alcoholic beer is not very popular in Georgia. We will make sure of this by the fact that it will be difficult for us to find non-alcoholic beer in stores where a wide range of beer is presented.

The negative impact of alcoholic beverages on the human body is known to the masses. There are diseases that people directly associate with excessive alcohol consumption. These are, for example, alcoholic hepatitis, liver cirrhosis, acute and chronic pancreatitis. However, if we say, on the basis of studies, that excessive consumption of alcohol has a negative effect on almost all organs and organ systems and over time leads to the development of various common and less common pathologies, this will not be so convincing for many people in Georgia. Also, the fact that a person consumes practically the same amount of alcohol when drinking beer as when drinking wine or vodka is less convincing for the general public, because beer is consumed in a much larger volume than wine and vodka, therefore in some situations in which alcohol consumption is not acceptable to society, drinking beer can go unnoticed. For example, people often refuse to drink alcohol because they have to work the next day, but for some reason this does not include drinking beer. And all this ultimately leads to the fact that people for whom beer is their "favorite" alcoholic drink have no resistance to drink it often. This makes them vulnerable to the dangers of frequent alcohol consumption. Regardless of the above, when talking about beer, we can't help but touch on the fact that in the last 30 years there have been hypotheses and corresponding studies have been conducted that the components of beer may have a positive effect on various chronic diseases. In particular, consumption of red wine and beer has been shown to be associated with many important diseases. Although a role for ethanol cannot be ruled out, this association is more likely attributed to the high polyphenol content of both beverages. Beer has the advantage over wine that it contains less alcohol by volume. In addition to ethanol, beer contains a variety of compounds with known medicinal potential, such as kaempferol, quercetin, tyrosol and phenolic acids, it is a major food source of the flavones xanthumol and 8-prenylaringenin, and bitter acids such as humulone and lupulone. Clinical and preclinical evidence for the protective effects of moderate beer consumption against cardiovascular and other diseases has been accumulating since the 1990s, and non-alcoholic compounds in beer appear to be most likely to show the beneficial effects observed. (Ixchel Osorio-Paz, 2019)

The Trial was carried out in "Aversi Clinic" in Tbilisi, Georgia. The survey was conducted with 115 people who were consulted by a gastroenterologist. i.e. they already had some complaints related to the digestive tract or they had a certain pathology on the mucous membrane of the stomach and duodenum determined by endoscopy. During the consultation, the patients were given a questionnaire consisting of 11 simply formulated questions. Their identification data was not recorded in the questionnaire. Till the End of the Consultation they were finishing the survey. Then the data was entered into the program, where the charts were filled and the data analyzed.

As the data analysis showed, there are almost equal numbers of women and men among the respondents. Most of them were in the 26-40 age category. Almost 60% of respondents suffer from heartburn, flatulence, pain in the upper part of the abdomen once a week or more,

although most of them have never had ulcer/erosion/gastroduodenitis confirmed by research (in this part of the study, the fact that the survey was conducted at the first consultation, after which, according to the complaints, most of them were redirected to esophagogastroduodenoscopy, and most of them even took it. At least half of them would be diagnosed with esophagitis/gastritis/duodenitis, a smaller part with erosive esophagitis/gastritis/duodenitis, and an even smaller part with peptic ulcer of the stomach/duodenum. What was hypothesized in the review about the popularity of beer was also confirmed by this study: beer takes 44% first place and it even surpasses wine (although Georgia is one of the countries in the world where wine is especially beloved And drinking wine is romanticized even from the childhood). As for the frequency, most of the patients state that they drink beer once a month, although in my subjective opinion, this result does not reflect the reality, since in general, during the oral survey, patients often try to hide from the doctor about their bad habits and frequent use of alcohol. Therefore, I think that a larger part of the respondents drink beer more often than once a month. The amount received at one time in most cases (35%) is 330 ml. I think this result is closer to the truth, since most of the young people use beer not for drinking but for "relaxation", for which even a small portion is enough. Finally, to the main question of our research, as we can see, most of them (66%) answered positively, which means that most of them at least sometimes associate the above-mentioned complaints with drinking beer or other alcoholic beverages.

As we can see, the selected research yielded results and to some extent answered the question and established a correlation between beer and the emergence of gastrointestinal complaints. I think it will be interesting to conduct even deeper research in this regard in the future and introduce them especially to young people wherever possible: in schools - to students of graduating classes, students, through brochures, billboards, etc. In this regard, it is especially important to involve the primary healthcare sector - family doctors, gastroenterologists, etc.

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