PEPTIC ULCER DISEASE

Causes of Ulcers

- Experts have found that many ulcers are caused by infection with the *Helicobacter pylori* (*H. pylori*) bacteria — not spicy food or stress.

- Another common cause of peptic ulcer disease is the routine use of pain medications called nonsteroidal anti-inflammatory drugs (NSAIDs). People often take NSAIDs to help with aches, pains and swelling. Examples of the drugs that can cause peptic ulcer disease are:
  - Aspirin.
  - Ibuprofen.
  - Naproxen.
  - Ketoprofen.
  - Meloxicam.
  - Celecoxib.

- Learn more about the overuse and misuse of NSAIDs at gutcheck.gastro.org.