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## A Comprehensive Review of Etiology, Diagnosis, and Treatment for Peptic Ulcer Disease

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### Abstract:

The hallmark of the common gastrointestinal illness known as ‘peptic ulcer disease’ (PUD) is the appearance of sores or ulcers in the duodenum, the first segment of the small intestine, or the lining of the stomach. This review examines the causes, procedures for diagnosis, and approaches to treatment of PUD. Although the main causes are *Helicobacter pylori* infection and long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs), other factors that contribute to its development include acid hypersecretion, lifestyle modifications, and genetic predisposition. PUD symptoms include epigastric discomfort, nausea, bloating, lack of appetite, weight loss, and heartburn. In some cases, peptic ulcers can be fatal, causing bloody stools, severe abdominal pain, cramping, and blood vomiting. Based on a clinical examination, endoscopy, *H. pylori* testing, and radiographic imaging, the diagnosis is made. PPIs (Proton Pump Inhibitors) & H<sub>2</sub>-receptor antagonists reduce stomach acid production; cytoprotective medications promote mucosal healing; and antibiotic regimens are used to eradicate *H. pylori*. Treatment plans must also include modifications to lifestyle and, in extreme situations, surgery.

**Keywords:** Peptic ulcer disease, etiology, diagnosis, treatment.

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