Helicobacter pylori in Gambian children with chronic diarrhoea and malnutrition

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Abstract

Infection with Helicobacter pylori (formerly Campylobacter pylori) was studied by measuring antibody titres to H pylori in Gambian children. Serological evidence of infection was found in 12 of 82 (15%) infants aged less than 20 months; this increased to 62 of 135 (46%) in those aged 40–60 months. Positive serology was found in 41 of 77 (53%) infants with chronic diarrhoea and malnutrition (mean age 19 months, range 5–36) compared with 18 of 70 (26%) of age matched healthy controls and nearly a quarter (12/49, 24%) of age matched undernourished (marasmic) subjects. These data show that infection with H pylori is common in the Gambia and that in infancy this infection is associated with chronic diarrhoea and malnutrition.

Chronic diarrhoea and associated malnutrition is a major cause of childhood morbidity and mortality in developing countries. The pathogenesis of chronic diarrhoea and malnutrition is multifactorial, and it is often associated with infection of the gastrointestinal tract. In a small percentage of affected infants pathogenic bacteria such as Shigella spp, Salmonella spp and enteropathogenic Escherichia coli are found. Two more micro-organisms of uncertain pathogenicity such as Giardia lamblia are identified. Finally in most cases of well established chronic diarrhoea and malnutrition the small intestine contains high concentrations of colonic bacteria, which contribute to small intestinal dysfunction.

The first major host defence against small bowel contamination, the gastric acid barrier, may be compromised in children with protein energy malnutrition. Gracey et al described gastritis and achlorhydria in eight out of nine patients with protein-energy malnutrition and, although the cause of the gastritis was not established, it was attributed, in part, to high bacterial counts found in the gastric contents.

Infection with Helicobacter pylori (formerly Campylobacter pylori) seems a likely aetiological agent. This organism causes an active chronic gastritis and, furthermore, it has become clear that H pylori gastritis may be associated with a rise of fasting gastric pH. Diminished gastric acid output has persisted more than a year in several cases. H pylori is found in adult populations around the world, but is uncommon in children in the Western world. The link between H pylori infection, achlorhydric gastritis, and bacterial overgrowth in the small intestine in children with chronic diarrhoea and malnutrition has not been investigated.

The aim of the study described in this paper were twofold: (1) to measure antibody titres to H pylori in Gambian patients with H pylori 26% of age matched undernourished (marasmic) subjects. These data show that infection with H pylori infection in Gambian children with chronic diarrhoea and malnutrition and in controls.

Subjects and methods

VALIDATION OF SEROLOGICAL METHOD OF DIAGNOSING CHRONIC INFECTION WITH H PYLORI

Fifty six subjects were examined for H pylori infection: 36 were adults referred because of a long history of dyspepsia (10 men, 20 women, mean age 34–7 years) and 20 were children. Of the children 17 had chronic diarrhoea and malnutrition, one had toddler diarrhoea, one (aged 9 years) had chronic dyspepsia, and one had recurrent respiratory infections and marasmus. Gastroscopy was performed on these subjects (method in infants as described previously) and four biopsy specimens of antral mucosa were taken. Two specimens were put in sterile phosphate buffered saline for microbiological culture and two were fixed in buffered formalin solution for histological examination.

Specific anti-H pylori IgG was measured by enzyme linked immunoabsorbent assay (ELISA). The antigen was prepared from whole organisms, using strains from the National Collection of Type Cultures (NCTC) and strains of organisms isolated from individuals in The Gambia. Test sera were run on plates with a standard calibration serum derived from pooled H pylori positive sera from children in the United Kingdom. This serum was given an arbitrary ELISA value of 100 ELISA units. A calibration curve was constructed for each plate to allow each test serum to be given an ELISA value relative to the calibration serum. Each plate also had serial dilutions of a known negative control serum.

PREVALENCE OF ANTIBODIES TO H PYLORI IN A RURAL Gambian POPULATION

Stored sera from 361 children aged less than 5 years resident in villages near the town of Farafenni on the north bank of The Gambia river were available for study. These sera were obtained during a malaria survey undertaken in November 1986 and represented each child...
from every fifth compound in their respective villages. Basic demographic and anthropometric data were collected during the survey.

PREVALENCE OF ANTIBODIES TO \textit{H pylori} IN CHILDREN WITH CHRONIC DIARRHOEA AND MALNUTRITION

Samples of sera were obtained from three groups of children: 77 with chronic diarrhoea and malnutrition; 70 asymptomatic well nourished children (weight for height $\geq 90\%$ National Center for Health Statistics (NCHS) median value), and 49 malnourished children without diarrhoea (table 1). Chronic diarrhoea was defined as diarrhoea with more than three loose stools/day for more than two weeks and protein energy malnutrition when the weight for height fell below 75\% of the NCHS median value. In patients with chronic diarrhoea and malnutrition the mean duration of diarrhoea was 12 weeks (range two to 52 weeks). The three groups were well matched for age and sex.

Marasmic control patients were recruited from the ward and outpatient department at the Medical Research Council (MRC) hospital in Fajara, and healthy controls were obtained with the help of field workers from the adjacent township of Bakau and from rural villages around Farafenni. Similar proportions of the groups of marasmic and healthy control children came from either a rural or an urban environment. \textit{H pylori} infection was determined serologically and its prevalence in the three groups compared.

The protocol for the study was approved by the committee on human experimentation of the MRC Laboratories in The Gambia. Statistical analysis was performed by the $\chi^2$ test and the $t$ test where appropriate.

**Table 1** Details of children with chronic diarrhoea and malnutrition and two control groups: well and malnourished

<table>
<thead>
<tr>
<th>Group</th>
<th>Age (months)</th>
<th>Sex (M/F)</th>
<th>No with marasmic gastritis\footnote{NCTC strain of \textit{H pylori} and the Gambian isolates. A similar association between raised antibody titre to \textit{H pylori} and the demonstration of the bacterium on gastric mucosa was found in children. Sixteen of the 20 children endoscoped had antral gastritis. Eleven children had \textit{H pylori} on their antral mucosa. Circulating IgG antibodies against \textit{H pylori} were found in 13 children all of whom had antral gastritis (\textit{H pylori} identified histologically in eight). They were not found in seven children: including all four with a histologically normal antral mucosa, two with atrophic gastritis but without \textit{H pylori}, and in only one with gastritis and \textit{H pylori} (table 2). The titre of circulating antibodies exceeded 100 ELISA units in all adults and in eight out of the 13 children in whom \textit{H pylori} was identified. In the remaining five infants the titre was more than 40 ELISA units dilution. Based on these findings in adults and children we concluded that an antibody titre of 100 ELISA units or greater strongly suggests an active infection with \textit{H pylori}.}</th>
<th>Weight for height Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean (SD)</td>
<td>Range</td>
<td>40 (37)</td>
<td>55 (22)</td>
</tr>
<tr>
<td>Chronic diarrhoea and malnutrition\footnote{These children had protein energy malnutrition.} (n=77)</td>
<td>19 (6.3)</td>
<td>5-36</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Well (n=70)</td>
<td>18 (5.8)</td>
<td>6-36</td>
<td>95 (7.7)</td>
<td>95 (3.7)</td>
</tr>
<tr>
<td>Malnourished* (n=49)</td>
<td>19 (4.7)</td>
<td>6-33</td>
<td>95 (5.7)</td>
<td>95 (2.7)</td>
</tr>
</tbody>
</table>

\*These children had protein energy malnutrition.

ANTIBODIES TO \textit{H pylori} IN Gambian village children

The prevalence of antibodies to \textit{H pylori} at a titre of 100 ELISA units or greater in Gambian village children is shown in table 3. The prevalence of a raised antibody titre increased from 15\% (12/82) children aged 0–19 months, to 27\% (37/136) of those aged 20–39 months, and to 46\% (62/135) in those children aged 40–60 months. Anthropometric data was available on these children and in those below 30 months of age there was a significant effect of malnutrition on the prevalence of high anti-\textit{H pylori} antibody titre.

**Table 2** Correlation of anti-\textit{H pylori} IgG with histological findings in gastric mucosa (n=20)

<table>
<thead>
<tr>
<th>H pylori</th>
<th>H pylori absent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antral gastritis (n=16)</td>
<td>9</td>
</tr>
<tr>
<td>Antibody titre (ELISA units):</td>
<td></td>
</tr>
<tr>
<td>&gt;100</td>
<td>8</td>
</tr>
<tr>
<td>10-100</td>
<td>1</td>
</tr>
<tr>
<td>Negative</td>
<td>2</td>
</tr>
<tr>
<td>No antral inflammation (n=4)*</td>
<td>2</td>
</tr>
</tbody>
</table>

\*All four were negative on ELISA.

**Table 3** Age related prevalence of anti-\textit{H pylori} antibody titres

<table>
<thead>
<tr>
<th>Age range (months)</th>
<th>Specific IgG titre &gt;100 ELISA units (% prevalence)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–19</td>
<td>12/82 (15)</td>
</tr>
<tr>
<td>20–39</td>
<td>27/136 (20)</td>
</tr>
<tr>
<td>40–60</td>
<td>62/135 (46)</td>
</tr>
</tbody>
</table>

Results

ANTIBODIES TO \textit{H pylori} IN PATIENTS UNDERGOING ENDOSCOPY

Antibodies to \textit{H pylori} were measured in 36 adults and in 20 children who underwent gastrointestinal endoscopy. Satisfactory antral biopsies were obtained from 34 adult patients; 33 had antral gastritis. \textit{H pylori} was identified in 32 patients by examination of Giemsa stained tissue sections (32/34) and Gram stained wet preparations (28/34). The organism was grown in pure culture from three patients. No bacteria were identified on the mucosa of the one patient with normal histology. Titres of specific anti-\textit{H pylori} (NCTC) IgG were greater than 100 ELISA units in all adult patients in whom \textit{H pylori} were identified. Similar results were obtained with antigens prepared from the NCTC strain of \textit{H pylori} and the Gambian isolates. A similar association between raised antibody titres to \textit{H pylori} and the demonstration of the bacterium on gastric mucosa was found in children. Sixteen of the 20 children endoscoped had antral gastritis. Eleven children had \textit{H pylori} on their antral mucosa. Circulating IgG antibodies against \textit{H pylori} were found in 13 children all of whom had antral gastritis (\textit{H pylori} identified histologically in eight). They were not found in seven children: including all four with a histologically normal antral mucosa, two with atrophic gastritis but without \textit{H pylori}, and in only one with gastritis and \textit{H pylori} (table 2). The titre of circulating antibodies exceeded 100 ELISA units in all adults and in eight out of the 13 children in whom \textit{H pylori} was identified. In the remaining five infants the titre was more than 40 ELISA units dilution. Based on these findings in adults and children we concluded that an antibody titre of 100 ELISA units or greater strongly suggests an active infection with \textit{H pylori}.
Helicobacter pylori in Gambian children with chronic diarrhoea and malnutrition

In this group 11 of 39 (28%) of those with marasmus (weight for height <75% NCHS median value) had antibody titres of 100 ELISA units or more compared with only 14 of 116 (12%) of those in the same age group who were well nourished ($\chi^2=4.488, 1 df, p<0.03$). This effect of malnutrition was not seen in the children over 30 months of age.

**ANTIBODIES TO *H PYLORI* IN CHILDREN WITH CHRONIC DIARRHOEA AND MALNUTRITION AND CONTROLS**

Antibodies to *H pylori* at a titre of 100 ELISA units or greater were found significantly more frequently in children with chronic diarrhoea and marasmus (41/77, 53%) than in children with marasmus but no diarrhoea (12/49, 24%) or than in healthy age matched control children (18/70, 26%) ($\chi^2=9.0, 1 df, p<0.01$ and $\chi^2=10.5, 1 df, p<0.01$ respectively). Seventeen of the children with chronic diarrhoea and malnutrition also underwent endoscopy. *H pylori* was demonstrated on the mucosa of 10 of these children.

**Discussion**

We would like to thank the medical and nursing staff of the ward at Paia for their unstinting cooperation. This work was funded in part by a grant from the Thresher Fund, Salt Lake City, Utah, USA (PBS) and in part by a Children Nationwide Paediatric Fellowship (JET).