SK Mandal*, Lopamudra Mandal**, S Majumdar**, D Bandyopadhyay*, PP Chakraborty***

*Assistant Professor; **Post-graduate Trainee; ***Senior Resident, Department of Medicine, Medical College, Kolkata.

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H. pylori: Association with Megaloblastic Anaemia

Sir,

The article by Desai and Gupte1 entitled “Helicobacter pylori link to pernicious anaemia” is very interesting and timely. Megaloblastic anaemia is a common problem both in outdoor as well as in indoor patients, where they are admitted for anaemia related complications.

We have also noticed that the usual causes of nutritional or systemic disorders are absent in a great majority of these patients and at time it is extremely difficult to pinpoint a probable etiology. Gastrointestinal symptoms are usually neglected unless they point towards definitive malabsorption features. We report below a young patient with megaloblastic anaemia in whom a diagnostic work-up was done as the anaemia had developed over a few weeks without a definitive etiology both systemic as well as nutritional.

A 23 years old male presented with generalised weakness for 4 weeks, blurring of vision, nausea and vomiting for 15 days. There was no history of addiction, especially alcohol intake/prolonged drug intake such as antiepileptic drugs. He came from a good family background and nutritional intake was absolutely normal. Upper GI endoscopy combined with investigations for H. pylori both in serum and biopsy became mandatory as indicated by these authors1 as well as Kaptan et al2 who suggested H. pylori as novel causative agent in vitamin B12 deficiency. Similar observations have also been reported elsewhere.3 We agree with the view that the work-up as suggested in this article will establish diagnosis of pernicious anaemia / atrophic gastritis in a cost effective manner.

R Avasthi*, SC Chaudhary**
*Professor; **Senior Resident, Department of Medicine, UCMS (University of Delhi) and GTB Hospital, Delhi -110095.

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Renal Consequences of Metabolic Syndrome

Sir,

Obesity has become a major public health problem worldwide, as a result of abundant food, sedentary lifestyle and Thrifty gene phenotype. The study by Gupta et al in a large group of randomly selected adults has shown a continuous positive relationship of all markers of obesity (body-mass index, waist size and waist hip ratio) with major coronary risk factors-hypertension, diabetes and metabolic syndrome.1 Recent studies have shown that Metabolic Syndromes

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