

The Usage of Alcohol and Cigarette Smoking as Risk Factors in Promoting Peptic Ulcer Formation and GI Bleeding

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Abstract. There are many factors that can cause the upper gastrointestinal bleeding as peptic ulcer, varicose vena, tumours, and use of NSAIDs. One of the most responsible in promoting the formation of ulcers is *Helicobacter pylori*. Also in promoting gastric ulcer formation there are and some others factors as cigarette smoking, uses of amounts of alcohol, uses of aspirin and NSAIDs. The aims of this study are to see the effects of smoking and alcohol abuse in relation to ulcers and upper gastrointestinal bleed. In our study we have seen a correlation between the patients who had assumed alcohol, smoked cigarettes for a long period of their live. Respectively, alcohol may interfere with the structure as well as the function of GI-tract. Alcohol can induce damage to the function of muscles, mucosal lining, can interfere with gastric secretion, inhibits the absorption of many nutrients and can damage liver as well. Smoking has been shows to have harmful effects on all parts of digestive tract contributing to common causes as heartburn and peptic ulcer. Smoking is also a risk factor for tumours.

Keywords: *alcohol-use, GI bleed, peptic ulcer, smoke*

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