

HEALING OF GASTRIC ULCER WITH RANITIDINE OR HIGH-DOSE OF ANTACID

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SUMMARY: The aim of the study was to compare the ulcer healing rates of ranitidine and high-dose antacid in patients with gastric ulcer. Ulcer healing rates controlled by endoscopy were 33 of the 40 the patients (83%) for ranitidine and 28 of the 37 (75%) patients for antacid. There were no significant difference between two treatment groups.

Key Words: Gastric ulcer, ranitidine, antacid.

INTRODUCTION

Both ranitidine and antacids have previously been shown in placebo-controlled studies to have beneficial effect on the healing of gastric ulcers (Colin-Jones 1982; Farley *et al*, 1985; Hollander and Harlan, 1973; Kelly and Malagelada 1984). The aim of the present study was to compare the ulcer-healing rates of ranitidine and high-dose antacid in patients with gastric ulcer.

METHODS AND MATERIALS

On hundred and fourteen consecutive patients with endoscopically diagnosed gastric ulcer were entered into the trial.

Patients were treated with either one 150 mg ranitidine tablet twice daily or one aluminium magnesium antacid suspension (15 ml seven times daily, with a neutralizing capacity of 12.8 mEq/l).

After 6 weeks of therapy endoscopic examination was repeated. The results was recorded as ulcer healed or unhealed. Healing of gastric ulcer was defined as complete epithelialisation of the ulcer.

The twenty-three patients were excluded from the study because of noncompliance.

RESULTS

Clinical details of patients in each treatment group are shown in Table 1. Ulcer healing rates in each treatment group are given in Table 2.

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After 6 weeks treatment, repeat endoscopy showed healed ulcer in 33 (82%) of the 40 patients in the ranitidine group, compared with 28 (75%) of the 37 patients in the antacid group ($P>0.05$, by Fisher's exact test).

Table 1: The Characteristics of patients Treated With Ranitidine or Antacids.

	Ranitidine 150 mg twice daily	Antacid 210 ml/day
sex ratio (M:F)	26:14	28:9
Mean age, yr	(31-80)	(20-80)
Mean length of history, months	5(0-60)	4(0-60)
Ratio of smokers to nonsmokers	20:20	15:22
Use of aspirin	9	8
Ulcer site		
Antrum	20	21
Gastric angle	18	14
Proximal ulcer	2	2
Size of ulcer		
<1 cm	21	23
1-2	11	9
>2 cm	8	5

Table 2: Results of Endoscopic Examination After 6 Weeks of Treatment.

Treatment group	Dose	Proportion of patients with healed GU
Ranitidin	150 mg twice daily	33/40 (83%)
Antasit	15 ml seven times daily	28/37 (75%)

DISCUSSION

The trials comparing H₂-receptor antagonists with antacids in the treatment of gastric ulcers have been usually made by cimetidine. Also treatment periods in some studies different from the present study (Podeman and Walan, 1976; Ciclitira *et al.*, 1977; Farley *et al.*, 1985; Isenberg *et al.*, 1983; Loiudice *et al.*, 1981). Therefore it is difficult to compare the results of this study with previous ones.

A comparative trial of cimetidine with antacid treatment showed the healing rate was 61 percent for cimetidine and 59 percent for antacid at 6 weeks. The healing rates were not significantly different between two treatment groups (Englert *et al.*, 1978).

Placebo controlled trial with antacids showed the six weeks healing rate was 67 percent with antacids compared with 25 percent with antacids. Differences in healing rates between two treatment groups were statistically significant (Basstad and Webers, 1986).

Healing rates with ranitidine in the multicentre studies were reported to be between 70 and 93 percent at 6 weeks (Colin-Jones 1982).

A comparison of ranitidine and antacid in the treatment of prepyloric gastric ulcer showed the 6 weeks healing rates were 69 percent for ranitidine and 79% for antacid. Differences in healing rates between two treatment groups were found to be statistically insignificant (Lauritsen *et al.*, 1985).

In conclusion the healing rates achieved with ranitidine or antacid in the treatment of gastric ulcer were similar to those of previous studies. Also those two ulcer treatment modalities appeared to be equally effective in the healing of gastric ulcer.

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