Abstract

Introduction: Helicobacter pylori (H. pylori) infection affects over half of the entire human population. In 2021, 10.6% of adults worldwide had impaired glucose tolerance. Hence it may be assumed that the number of patients with both conditions simultaneously is quite large. This study aimed at investigating the incidence of prediabetes (preDM) in patients infected with H. pylori, and whether the co-occurrence of these two conditions is associated with the development of gastric intestinal metaplasia (GIM). **Material and Methods**: In total,136 patients participated in the study, out of which 100 were included in the analysis. Biochemical tests and gastroscopy with biopsy were performed. Patients were divided into two groups: with preDM and without preDM. **Results**. H. pylori infection was detected in 44 out of 100 analyzed patients. No significant difference as regards H. pylori infection was revealed between the groups. Among H. pylori infected patients, 15 individuals (39%) had preDM. GIM was diagnosed in 39% of preDM patients vs 6.6% of patients without preDM, $p < 0.001$. Significantly, in the group of 15 preDM H. pylori positive patients, nearly half had GIM. **Conclusions**: The incidence of preDM in H. pylori infected patients is not higher compared to the remaining examined population. However, H. pylori infection is found in a large percentage of preDM patients- 39%. Attention should be paid to the possible development of diabetes in H. pylori positive patients and gastroscopy should be considered owing to the significantly more frequent presence of GIM in patients with both H. pylori infection and preDM.