



Division of Bacterial and Mycotic Diseases

Helicobacter pylori and Peptic Ulcer Disease

Have a Stressful Job? You Must Have an Ulcer...Right?

Which of the following people are most likely to have an ulcer?

The [answer](#), below, may surprise you.

Top 10 Most Stressful Jobs	Top 10 Least Stressful Jobs
1. Inner City HS Teacher	1. Forester
2. Police Officer	2. Bookbinder
3. Miner	3. Telephone Line Worker
4. Air Traffic Controller	4. Toolmaker
5. Medical Intern	5. Millwright
6. Stockbroker	6. Repairperson
7. Journalist	7. Civil Engineer
8. Customer Service/ Complaint Worker	8. Therapist
9. Secretary	9. Natural Scientist
10. Waiter	10. Sales Representative
According to <i>Health Magazine</i>	

Did you guess that the inner city high school teacher's stomach would be riddled with ulcers not only from the stress of dealing with troubled teens, but also from the tacos in the lunchroom? And that the forester's calm environment would make his or her stomach acid-free and healthy? Surprise! **All the workers on this list are just as likely as any others you can imagine to get an ulcer.**

While stress and diet can irritate an ulcer, they do not cause it. Ulcers are caused by the bacterium *H. pylori*, and can be cured with a one- or two-week course of antibiotics, even for people who have had ulcers for years.



For more information about *H. pylori* infection and ulcers, see your health care provider or call toll-free: 1-888-MY-ULCER.

[See the menu in Español/Spanish](#)

Menu

- [Good News - A Cure for Ulcers!](#)
- [H. pylori Fact Sheet for Health Care Providers](#)
- [Economic Impact of Ulcers](#)
- [History of Ulcer Diagnosis and Treatment](#)
- [H. pylori: The Key to Cure for Most Ulcers](#)

- **H. pylori Myth Sheet**

- [Members of the CDC H. pylori Partnership](#)
- [Television and Radio Public Service Announcements](#)
- [Education Materials Order Form](#)

Related Contents

- [Foodborne and Diarrheal Diseases Branch](#)
- [DBMD Disease Listing - H. pylori](#)
- [CDC Morbidity and Mortality Weekly Report \(MMWR\)](#)