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Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at Jerry Gregory & Associates .

Antibiotic Resistance

Stomping Out Superbugs

Antibiotic resistant bacteria, or *superbugs*, develop when antibiotics are used incorrectly or used too often.

Antibiotic Resistance

Because antibiotics have been so effective at treating a variety of infections, overuse and inappropriate use has led to resistant bacteria. Now, some diseases that used to be easy to treat may become nearly impossible to stop.

Typically, when a person takes an antibiotic to fight an infection, the antibiotic will kill most of the bacteria. However, some persistent bacteria can survive, quickly multiply, and thrive despite the presence of the antibiotic. These superbugs can adapt their cellular structure and become resistant to future treatment by the same drug. When germs fail to respond to first- and sometimes second-choice antibiotic therapy, fewer drugs are available to treat common but potentially life-threatening illnesses.

Several factors contribute to the growth of drug-resistant bacteria. These include:

- Misuse and overuse in humans, animals, and agriculture
- Inappropriate demand for antibiotics

- Failure to take antibiotics properly
- Failure to finish a full course of antibiotic treatment
- Availability of antibiotics without a prescription in some countries

What Can You Do?

You can take steps to limit the problem of antibiotic resistance. For example:

- Take antibiotics only when a physician has prescribed them.
- Take antibiotics only for diagnosed bacterial infections.
- Take the full course of antibiotic treatment, even if you start to feel better.
- Don't take an antibiotic prescribed for someone else, don't give someone an antibiotic prescribed for you, and don't save and reuse leftover antibiotics.
- Keep a record of when and how often you've taken a prescribed

antibiotic.

- Keep a history of all the antibiotics you have taken.
- Always consult a doctor if you think you have a bacterial infection. Only a doctor can determine which antibiotic is right for your illness.



Did you know...

The consequences of antibiotic resistance are quite troubling. As more and more strains of resistant bacteria develop and infections caused by these bacteria don't respond to typical treatment, illnesses will be prolonged and the risk of death from common infections increases.