

Antibiotic misuse in winter

Its winter again, and you will start having those bothering symptoms; your head throbs, your nose is stuffy and that sore throat, you probably have common cold, so what will be your next step?

Many of us will just hurry to their drug cabinet or the pharmacy and get that “magical Antibiotic” that they think will just deal with the problem.

Well, that is completely untrue, most of common cold cases; flu and sore throat are all caused by viruses, which Antibiotics cannot kill!!

What are Antibiotics?

Antibiotics are medications that are used for the treatment of many infections like urinary tract infections, and ear infections. They work by killing only bacteria that causes that infection.

The false use of Antibiotics to treat viral infections will lead to what is known as “bacterial resistance”; which means that the bacteria that were once killed easily by simple antibiotics will need now stronger Antibiotics to kill them.

Consequences of antibiotic resistance

When more and more bacteria become resistant to first line treatments, the consequences are severe. Illnesses last longer, and the risk of complications and death increases.

Not only patients misuse Antibiotics, some doctors feel pressured to write a prescription for an antibiotic even when their professional medical training tells them an antibiotic won't help.

What can you do to avoid bacterial resistance?

1. It is important when your doctor prescribes an antibiotic for you to complete the course of therapy and don't stop as soon as you feel better.
2. Never take antibiotics that were prescribed for someone else.

3. Don't save Antibiotics for the next time you get sick.

So, how can you know this is a viral not bacterial infection? Well simply you have to ask your doctor, he will guide you to the proper treatment.

What to do if you get the flu?

Do the following and your condition will be relieved in 7-14 days.

1. Bed rest.
2. Drink plenty of hot drinks; chicken broth, tea.
3. Your doctor can prescribe for you some drugs that will help relieve your symptoms.
4. Take pain killers if you have headache or muscle ache.

The best way to reduce the risk of suffering from the flu is through vaccination. One dose of influenza vaccine will protect you for a whole winter's flu season.