# FOOD & DRUG ADMINISTRATION (FDA USA)



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https://www.fda.gov/consumers/consumer-updates/know-when-and-how-use-antibiotics-and-when-skipthem

(Below are extracts from the FDA home page which has some invaluable advice)

Antibiotics are powerful medications that save countless lives every day. But they're not the answer for every illness.

Antibiotics treat only some infections caused by bacteria – and **none caused by viruses.** Most often, antibiotics work by killing the targeted bacteria or by making it difficult for the bacteria to multiply...

Here's how you can safely use antibiotics so you can get well, protect yourself and your family, and combat antimicrobial resistance.

## Antibiotics Treat Some Bacterial Infections but Don't Treat Any Viruses

Antibiotics aren't always the answer when you're sick. Your doctor needs to diagnose your condition to know how to treat it effectively. For example, they might prescribe antibiotics to treat or prevent a bacterial infection, such as:

- Strep throat.
- Whooping cough.

• Urinary tract infection (UTI).

Antibiotics do not work on viruses and are not needed for many respiratory infections. Viral illnesses that cannot be treated with antibiotics include:

- Common cold.
- Influenza (flu).
- COVID-19.

## **Antibiotic Use and Antimicrobial Resistance**

The misuse and **overuse of antibiotics are contributing to the growing problem of antibiotic resistance**, also called <u>antimicrobial resistance</u>. This happens when bacteria (not your body) develop defenses against antibiotics, making it harder – and sometimes impossible – to treat an infection.

#### My comments:

- There are non-pharmaceutical alternatives to antibiotics for UTI's
- Most sore throats are caused my chemicals in foods unless one has eaten a sandwich that has not been stored at the correct temperature. In Australia years ago a study revealed that a significant proportion of sandwiches had not been stored at a cold enough temperature which means that bacteria can multiply. The number of pathogenic bacteria will depend on the number of hours that the sandwich has not been at a cool enough temperature. Drink bottles which are used repeatedly and not cleaned with a brush designed to clean bottles disinfected or sterilised can breed bacteria. Just get a clear plastic bottle with a sports cap and keep reusing it until you can see little 'dots' starting usually from my experience in the lower half....keep it at room temperature and then in your fridge it but don't drink the water...after say a couple of months less if it's been at RT a lot.... then slice the bottle in half so that you can wipe the inside with a washing up sponge with washing up liquid

and see if you notice that the plastic is clearer. If in doubt use two identical bottles in your experiment. Anyone who has formula-fed their baby is probably used to sterilising their bottles to ensure that they are not breeding bacteria. Unfortunately infant formula usually contains carbonates which can cause vomiting and poor unsuspecting parents might think that they have simply had too much to drink. The toxic effects of poisons are dose and duration dependent...so if you spread out your consumption you are less likely to display the toxic effects.

• The National Health Service (NHS) in the UK states that Otitis media (causing pain in the ears) usually goes away within 1-3 days and should not be treated with antibiotics but just paracetamol. Some drugs such as antibiotics can cause hearing problems and some deafness from birth.