



General Authority for Health Services for the Emirate of Abu Dhabi

**Al-Rahba Hospital
Department of Pharmacy**

Antibiotics

Microbes' definition:



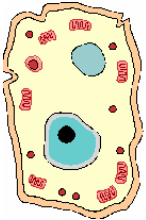
Microbes are microorganisms found everywhere, classified into Bacteria, Fungi & viruses; as we exposed to them in our routine daily life, some of them are harmful, others aren't. Harmful microbes may cause diseases for our bodies such as otitis, pharyngitis, food poisoning, & pneumonia...etc.

What about antibiotics?



Antibiotics are bacterial killers & they help our bodies to fight bacteria although it has no effect on viruses. Every antibiotic has a different effect on the kinds of bacteria. As each antibiotic can kill some specific species of bacteria not others, so a prescribed antibiotic for a certain case may not be effective in another case. Also it is important to complete the whole antibiotic course with the right way as prescribed by the physician.

What is the bacterial resistance against antibiotics?



By time, we may find that the same strains of bacteria have become unresponsive to treatment with usual antibiotics & it would seem that some usual antibiotics are no more effective. At this time the bacteria is called "Resistant bacteria". A resistant bacterium makes it hard to cure the inflammation & it needs higher doses & more effective drugs.

What are the causes of bacterial resistance?



Wrong use or misuse of the antibiotics is the main cause for the bacterial resistance in addition to many other reasons such as poor-personal hygiene.

How can antibiotic abuse cause bacterial resistance?

If you don't use physician's prescribed antibiotic in proper way according to dose, frequency, duration of therapy as Physician's instructions; this may lead to generate stronger strains of bacteria which may cause dangerous diseases that may not be eradicated by usual antibiotics. Also upon continuous exposure to antibiotics, bacterial mutation may occur resulting in resistance to these antibiotics.

Some advices upon using antibiotics:



- Never use Antibiotic in viral infection.
- Don't push the physician to prescribe antibiotics if he doesn't see it's not necessary.
- Use prescribed antibiotics as Physician instructions.
- Don't stop the antibiotic course promptly as you fell well & follow physician instructions.
- Drink plenty of water upon using antibiotics (& other medications in general).
- Pregnant women through the first trimester should take antibiotics only under physician supervision; & inform your physician if you are using any contraceptive method that some antibiotics may decrease the efficacy of it.
- Inform your physician about any medication allergy such as penicillin allergy.
- Ask the pharmacist about the adverse effects that may happen or any drug interaction either food or drug.
- Make sure to store the antibiotic in a proper way as some may need to be stored in a dry place & others need to be stored in a fridge.
- Don't use other people's antibiotics.

General Advices:

○ **Washing hands is always important**

Wash your hands thoroughly for 10- 15 seconds with warm water & soaps as bacterial may settle on your hands during the day; Don't forget to wash between fingers.

○ **Take care of your food**

- Make sure that your cooking hands; kitchen wares & food preparing area are always clean.
- Avoid mixing raw food specially meat, poultry & fish with other food.
- Avoid eating raw meat & cook well the food on temperature high enough to kill the harmful bacteria.
- Keep your food in the fridge to prevent its regeneration & reproduction.

○ **Keep a healthy lifestyle.**

Personal hygiene is the best way to enhance immunity system & avoid infection & inflammation.

- **Caution** while using antibiotic especially in the diabetic patients, in case of dehydration, geriatrics, pediatrics, heart disease patients, hypertensive patients & renal or liver disease as drug dosing in these cases may need adjustment by the physician.