

## Antibiotic Overuse a Growing Problem

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Over prescribing and misuse of antibiotics is becoming a global health problem putting patients at risk for complications. Unfortunately, almost half of the people in the country are unaware of the complications that can occur when antibiotics are misused. Antibiotic resistance occurs when antibiotics no longer work against disease causing bacteria. In other words they can no longer kill the “bad bugs”.

Antibiotics should only be prescribed for confirmed bacterial infections. For example: if you have a sore throat your doctor or provider will order a throat culture to determine if the culprit is truly a bacterial infection or viral infection. If it is a viral infection, antibiotics will not help. In fact when antibiotics are used for the common cold, flu, and other viral infections then they become less effective against bacterial infections.

Antibiotics have their place when diagnosed with bladder infections, skin infections, some ear infections, certain fungal infections, and some kinds of parasites. Your doctor is the only person that should determine what kind of infection you have.

### Your Opinion Counts!

Thunderbird Internal Medicine has again earned the Angie’s List Super Service Award, an honor awarded annually to approximately 5 percent of all the companies rated on Angie’s List. The 2012 winners met strict eligibility requirements, including earning a minimum number of reports, an excellent rating from their customers and abiding by Angie’s List operational guidelines.

Thanks to all our patients who have rated/reviewed us on Angie’s List, Yelp, RateMD and other sites. As a reminder, all patients are encouraged to complete a satisfaction survey at [www.thunderbirdim.com](http://www.thunderbirdim.com) or use our lobby suggestion boxes. Your opinion counts!

Common colds, influenza, bronchitis, most ear infections, sore throat, and stomach flu most times do not need antibiotics.

#### Guidelines for using antibiotics in a responsible way:

- Do Not pressure your doctor for antibiotics if you have a viral infection
- Unless you are having a bad reaction from an antibiotic, make sure you finish the entire prescription
- Never take an antibiotic without a prescription and DO NOT take the leftover prescription of family or friends
- Get the appropriate vaccines
- Use good hand washing to prevent viruses
- Ask your doctor about taking probiotics while on an antibiotic to prevent diarrhea

We understand that our patients want to feel better quickly and every provider at Thunderbird Internal Medicine is committed to providing the best possible care. Antibiotics may not be included in your plan of treatment and you should not expect to receive an antibiotic every time you’re sick. Your doctor will let you know if you have a viral infection or a bacterial infection and will treat your symptoms accordingly. We all need to work together to help alleviate this potential serious health problem.



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