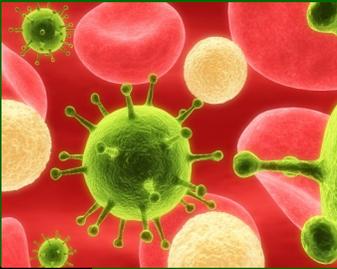


Antibiotics

December



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

This holiday season, we can give thanks that antibiotics still work, for most of us, most of the time. However, the CDC is sounding the alarm. **The post-antibiotic era -- when people contract infections that can't be treated and die instead -- is much closer than most of us have realized.**

Doctors often overprescribe antibiotics. According to the CDC, **up to 50% of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed.** Every time we take antibiotics we don't need, we risk producing resistant strains with no benefit to our own health. Doctors know better, or they should, but they give in to patients who want a pill to get better quicker.

Consumer Reports tested chicken, pork and turkey which they bought from supermarkets around the country and found antibiotic resistant strains of bacteria. The American meat and chicken industry relies heavily on the overuse of antibiotics to speed growth and help animals survive filthy, crowded conditions.

You can take action to stop overuse so that if we need antibiotics, they will work.

- Do not ask for antibiotics when your doctor thinks you do not need them. Remember antibiotics have side effects. When your doctor says you don't need an antibiotic, taking one might do more harm than good. **Antibiotics do not help when you have a cold or flu virus.**
- Take antibiotics exactly as the doctor prescribes. Do not skip doses. Complete the prescribed course of treatment, even when you start feeling better.
- Only take antibiotics prescribed for you; do not share or use leftover antibiotics. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
- Prevent infections by practicing good hand hygiene and getting recommended vaccines.
- Buy organic meat and chicken which is range fed and not given antibiotics and hormones.

Exercise Classes

Get Fit - Tuesday 8:45-9:30am

Theraband - Tuesdays
9:30-10:30 am

Basic Pilates - Tuesday 3-4pm



Do you know someone in the hospital or are you planning to have surgery or hospitalization?

Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764