

WELLNESS WORKS



October 2018

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As cold and flu season gets going, now's a good time to discuss one of the dangers of over-medicating: antibiotic resistance. Antibiotics are literal live-savers, but it's important to take them as directed and only as needed. Antibiotic resistance is a growing problem, so talk to your healthcare professional about preventive measures to keep from needing antibiotics.

Antibiotic Resistance

Although antibiotics are one of the most important discoveries of the 20th century, as time goes on, more and more bacteria are becoming immune to their effects. Antibiotic resistance does not mean the body is becoming resistant to antibiotics; it is that bacteria have become resistant to the antibiotics designed to kill them. This often occurs when bacteria survive a course of antibiotics, replicate, and spread their immunity to other bacteria.

Infections caused by antibiotic-resistant germs are difficult or impossible, to treat. In most cases, antibiotic-resistant infections require extended hospital stays, additional follow-up doctor visits, and costly and toxic alternatives.

Antibiotic Resistance Threatens Everyone

Antibiotic resistance has the potential to affect people at any stage of life and across industries, making it one of the world's most urgent public health problems. Each year in the U.S., at

least 2 million people are infected with antibiotic-resistant bacteria, and at least 23,000 people die as a result.

No one can completely avoid the risk of resistant infections, but some people are at greater risk than others (for example, people with chronic illnesses). Many medical advances are dependent on the ability to fight infections using antibiotics, including joint replacements, organ transplants, cancer therapy, and treatment of chronic diseases like diabetes, asthma, and rheumatoid arthritis.

Know Your Risk and Take Care

Talk to your healthcare provider about your risk for certain infections, especially if you do not have vaccinations or have a weakened immune system. Preventive care is the best defense: the best way to fight an antibiotic-resistant infection is to avoid getting it in the first place. However, if you do contract an infection and require an antibiotic, **TAKE THE ENTIRE COURSE**

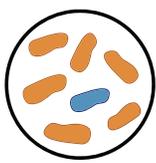
AS DIRECTED. Stopping a course of antibiotics before it's complete, even if you feel better, could contribute to antibiotic-resistant bacteria.

Get Vaccinated

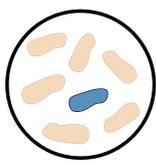
Vaccination is one of the best ways to prevent illnesses. Every year, thousands of Americans get sick from diseases that could be prevented by vaccines and must be treated with antibiotics. Talk to your healthcare provider about recommended vaccines, and learn more about vaccines for all ages.

Source: [CDC](#)

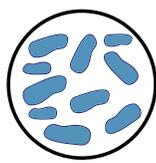
HOW ANTIBIOTIC RESISTANCE HAPPENS



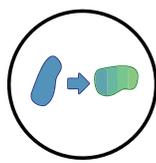
Lots of germs and some are drug resistant



Antibiotics kill the bacteria causing the illness as well as the good bacteria protecting the body from infection



The drug resistant bacteria is now able to grow and take over



Some bacteria give their drug resistance to other bacteria

- Normal bacterium - Resistant bacterium - Dead bacterium

Check Your Medications

October 21 is National Check Your Meds Day! This is an opportunity for you to run through all of your prescription medications with your doctor or pharmacist to make sure that you're taking the right dosages, prescriptions are up to date, and ask any questions you may have about side effects or alternate treatments. More specifically:

- Dispose of expired medication (many communities offer medication take-back days throughout the year to dispose of medications safely).
- Talk to your healthcare professional about any potential interactions between your prescribed medications and OTC drugs, such as cold medicine.
- Consider purchasing a small amount

of over-the-counter (OTC) supplies in preparation for getting a cold (i.e., saline nasal spray, throat lozenges, and pain reliever/fever reducers).

- Check the expiration dates on the supplies you already have at home. Some OTC supplies, like cold medicine, have much shorter expiration dates than others.

Try These Remedies Instead of Antibiotics

In many cases, alternate treatments work as well or better than antibiotics. If you have a cold or the flu, or even some types of sinus infections or types of bronchitis, antibiotics likely won't help anyway since symptoms are caused by viruses, not bacteria.

While antibiotics cannot treat infections caused by viruses, there are still a number of things you or your child can do to relieve some symptoms and feel better while a viral illness runs its course. Over-the-counter (OTC) medicines may also help relieve some symptoms.

Sore Throat

- Soothe with ice chips, sore throat spray, popsicles, or lozenges (do not give lozenges to young children)
- Use a clean humidifier or cool mist vaporizer
- Gargle with salt water
- Drink warm beverages

Ear Pain

- Put a warm moist cloth over the ear that hurts
- Take acetaminophen, ibuprofen or naproxen to relieve pain or fever (check with your child's doctor for recommended medications)

Runny Nose

- Get plenty of rest
- Increase fluid intake
- Use a decongestant or saline nasal spray to help relieve nasal symptoms



Sinus Pain/Pressure

- Put a warm compress over the nose and forehead to help relieve sinus pressure
- Use a decongestant or saline nasal spray
- Breathe in steam from a bowl of hot water or shower
- Take acetaminophen, ibuprofen or naproxen to relieve pain or fever

Cough

- Use a clean humidifier or cool mist vaporizer
- Breathe in steam from a bowl of hot water or shower
- Use non-medicated lozenges (do not give lozenges to young children)
- Use honey to soothe the throat for adults and children over 1 year

Although it's better for both an individual and the general population not to take antibiotics when they're not needed or not useful, that shouldn't stop you from seeking medical advice when it's necessary. If you have acute symptoms, like a high fever, or even milder cold and flu symptoms lasting longer than 10 days, call your doctor. In these cases, an antibiotic might be necessary.

Source: [CDC](https://www.cdc.gov)



Recipe of the Month:

Pumpkin Spice Butternut Squash Soup

Ingredients

- 1 tablespoon olive oil
- 1/3 cup chopped onion
- 2 cloves garlic, minced
- 8 cups peeled and cubed butternut squash
- 2/3 cup chopped apple
- 1/2 cup chopped carrot
- 3/4 teaspoon kosher salt
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon black pepper
- 1 (14.5 ounce) can reduced-sodium chicken broth
- 1 (14 ounce) can unsweetened light coconut milk
- 1 tablespoon packed brown sugar
- 5 tablespoons plain nonfat Greek yogurt
- 5 tablespoons salted roasted hulled pumpkin seeds

Instructions

In a 4- to 6-qt. Dutch oven, heat oil over medium. Add onion and garlic; cook 5 minutes or until onion is tender, stirring occasionally. Stir in the next six ingredients (through pepper). Cook and stir 4 minutes. Add broth. Bring to a boil and then reduce heat. Simmer, covered, 20 to 25 minutes or until squash and carrot are tender, stirring occasionally. Remove from heat. Stir in coconut milk and brown sugar. Using an immersion blender (or working in batches in a food processor or blender), blend squash mixture until smooth, adding water if needed to reach desired consistency. Serve soup topped with yogurt, pumpkin seeds, and, if desired, additional pumpkin pie spice.

Nutrition per 2/3 cup serving (serves 12):

Calories: 131; Fat: 6g; Saturated Fat: 3g; Fiber: 3g; Carbohydrates: 16g; Protein: 4g; Sodium: 133mg; Sugars: 5g

Adapted from [Eating Well](https://www.eatingwell.com)