

## **A Summary of What I Learned About Multi-Drug Resistant Bacteria**

By Jack

After I interviewed Karen Cook, a local nurse practitioner, I emerged with a lot of new information about what doctors and nurses are doing to combat multi-drug resistant strains of bacteria. She said that while it is important to finish all your prescriptions, to ensure that the bacteria are well and truly eradicated, sometimes antibiotics are over-prescribed by doctors or prescribed when they shouldn't be. She says that she has had to deal with many patients who want antibiotics to treat their problem, but their problem is a virus, which antibiotics cannot help with. The patient will sometimes get angry because they "know" what they need, and the doctor won't prescribe it. But if doctors continue to over-prescribe antibiotics or give antibiotics when they are not needed, the risk of drug-resistant bacteria coming into existence is higher. Also, antibiotics tend to have nasty side effects that you really don't want unless you need antibiotics.