

## Overuse of antibiotics and bacterial resistance

All doctors are aware of the dangers from overuse of antibiotics. Bacterial resistance and its consequences have been widely demonstrated in different studies. Doctors, however, are faced with a difficult dilemma; although concerned by bacterial resistance, they don't wish to risk leaving potentially serious bacterial infections untreated. Additionally the patients themselves, or their families, often exert considerable pressure on doctors to provide prescriptions for antibiotics.

Although about 80% of upper respiratory infections are caused by viruses, and thus do not respond to antibiotic treatment, the majority of such patients receive prescriptions for antibiotics, despite the lack of benefit.



Ineffectual prescriptions are a waste of money for both the patients and for society. More importantly, however, these patients provide the basis for development of bacteria which are resistant to antibiotics. Antibiotic resistance affects not only the patients, but their environments, and all their contacts.

From a broader perspective, the entire antibiotic era can be considered as under threat from the growth and spread of antibiotic resistance, and the potential impact on human health could be catastrophic. Despite national and international initiatives, which have been implemented in an attempt to reduce antimicrobial resistance, the challenge remains considerable. Commitment from all involved parties is essential; doctors, patients, authorities, pharmaceutical and diagnostic industries.

### Do you want to make a difference?

C-reactive protein (CRP) is a marker of inflammation. It is useful for evaluating infections, tissue injuries, and inflammatory disorders. CRP measurements help doctors to distinguish between bacterial infections, requiring antibiotic treatment, and viral infections, or self-limiting bacterial infections. Additionally, patients are more likely to accept that antibiotic treatment may be unnecessary, when shown the CRP result on which this decision is partially based.

Rapid, quantitative CRP tests can now easily be performed in the doctors' surgery.



Testing couldn't be easier