<table>
<thead>
<tr>
<th>GOOD</th>
<th>BAD</th>
<th>UGLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>They save lives by killing bacteria &amp; not harming human cells</td>
<td>Often they are overused in patients without severe infections</td>
<td>Too much usage leads to bacteria being resistant to antibiotics</td>
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</tbody>
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HERE ARE THE NUMBERS...

IN 2014, DOCTORS IN NEWFOUNDLAND & LABRADOR GAVE MORE ANTIBIOTICS THAN DOCTORS IN ANY OTHER PROVINCE ONE-THIRD HIGHER THAN THE SECOND HIGHEST USE RATE
PROBLEMS WITH OVERUSE

- Antibiotics also kill good bacteria
- Bacteria can change fast, so antibiotics are less effective if you use them often
- Resistant bacteria may be spread between people, especially in hospitals
THERE'S SOME BAD NEWS...

STI Patients Resistant to Antibiotic Treatments (2004-2014)

BACTERIAL RESISTANCE TO ANTIBIOTICS IS INCREASING
PROBLEMS WITH ANTIBIOTIC RESISTANCE

- When the drug is actually needed, it may not work anymore.
- There may be a delay until the doctors realize that the drug is not working.
- Other more expensive antibiotics might have to be used.
Without effective antibiotics many routine operations like hip replacements, organ transplants, caesarean section, and treatments for sepsis or chemotherapy will become increasingly dangerous or impossible.

Overuse of antibiotics can lead to the development of drug-resistant bacteria which can cause serious infections.

Antibiotics can cause side effects such as rashes, trush, stomach pains, diarrhea, reaction to sunlight, and other symptoms.

Help conserve antibiotics so that they remain effective.
1. DON'T USE ANTIBIOTICS FOR UPPER RESPIRATORY INFECTIONS THAT ARE LIKELY VIRAL IN ORIGIN, SUCH AS COLDS, INFLUENZA-LIKE ILLNESS OR SELF-LIMITING SINUS INFECTIONS OF LESS THAN 7 DAYS DURATION

2. DON'T USE ANTIBIOTICS TO TREAT BACTERIA IN THE BLADDER IN OLDER ADULTS UNLESS SPECIFIC URINARY TRACT SYMPTOMS ARE PRESENT

Choosing Wisely Canada
When should antibiotics be used?
They should be used to treat life threatening infections caused by bacteria, such as:

- Lung infections
- Surgical wound infections
- Kidney infections
- Leakage of bowel
- Brain infections
When should antibiotics not be used?
IN CHILDREN AND ADULTS, ANTIBIOTICS SHOULD NOT BE USED TO TREAT MILD INFECTIONS CAUSED BY VIRUSES, NOT BACTERIA

- Colds or influenza-like illness
- Sinus infections
- Bronchitis with uncomplicated wheeze or cough
- Uncomplicated sore throats
- Ear infections

Choosing Wisely Canada
NO AMOUNT OF ANTIBIOTICS WILL GET RID OF YOUR COUGH, COLD OR FLU.

The best way to treat most colds, coughs or sore throats is plenty of fluids and rest. For more advice, talk with your pharmacist or doctor.
Choosing Wisely Canada is a campaign to help clinicians and patients engage in conversations about unnecessary tests and treatments and make smart and effective choices to ensure high-quality care.

For more information on Choosing Wisely Canada or to see other patient materials, visit www.ChoosingWisely.ca.
Join the conversation on Twitter @ChooseWiselyCA

Treating sinusitis
Don’t rush to antibiotics

Millions of people are prescribed antibiotics each year for sinusitis, a frequent complication of the common cold, hay fever, and other respiratory allergies. In fact, 15 to 21 percent of all antibiotic prescriptions for adults in outpatient care are for treating sinusitis. Unfortunately, most of those people don’t need the drugs. Here’s why:

The drugs usually don’t help.
Sinusitis can be painful. People with the condition usually have a stuffy nose combined with yellow, green, or gray nasal discharge plus pain or pressure around the eyes, cheeks, forehead, or teeth that worsens when they bend over. But sinus infections almost always stem from a viral infection, not a bacterial one—and antibiotics don’t work against viruses. Even when bacteria are the cause, the infections often clear up on their own in a week or so. And antibiotics don’t help ease allergies, either.
Antibiotics for urinary tract infections in older people
When you need them—and when you don’t

Antibiotics are medicines that can kill bacteria. Doctors often use antibiotics to treat urinary tract infections (UTIs). The main symptoms of UTIs are:
- A burning feeling when you urinate.
- A strong urge to urinate often.

However, many older people get UTI treatment even though they do not have these symptoms. This can do more harm than good. Here’s why:

Antibiotics usually don’t help when there are no UTI symptoms.
Older people often have some bacteria in their urine. This does not mean they have a UTI. But doctors may find the bacteria in a routine test and give antibiotics anyway.

The antibiotic does not help these patients.
- It does not prevent UTIs.
- It does not help bladder control.
- It does not help memory problems or balance.

Most older people should not be tested or treated for a UTI unless they have UTI symptoms. And if you do have a UTI and get treated, you usually don’t need another test to find out if you are cured.

You should only get tested or treated if UTI symptoms come back.
23 MILLION ANTIBIOTIC PRESCRIPTIONS COSTING $786M WERE GIVEN IN CANADA IN 2014

93% PRESCRIPTIONS WERE GIVEN TO THOSE NOT ADMITTED TO HOSPITAL
Diagnosis: Acute Bronchitis

- 77% Patients treated with antibiotics
- 0% Patients that should be treated with antibiotics

Diagnosis: Acute Sinus Infection

- 82% Patients treated with antibiotics
- 0% Patients that should be treated with antibiotics
Conclusion

Antibiotics should rarely be used in the community because most infections are the result of viral infections of the upper respiratory track or non-symptomatic, unimportant bacteria in the bladder of older people.