

Our commitment to patient safety and understanding.



Antibiotics are not always the best way to treat chest colds and upper respiratory infections.

Antibiotics do not cure viral infections

Just like the common cold or the flu, a chest cold is usually caused by a virus. Antibiotics are not effective at treating these conditions because taking one won't cure a viral infection. In fact, antibiotics can be harmful.

Antibiotics can cause serious side effects.

- ✓ Nausea, upset stomach, diarrhea or loss of appetite
- ✓ Kills helpful bacteria in your body
- ✓ Creates antibiotic-resistant bacteria such as MRSA, a type of flesh-eating bacteria
- ✓ Increases the risk for autoimmune disorders

Chest colds, such as bronchitis, typically improve on their own after a week to 10 days.

- ✓ Stay well hydrated
- ✓ Get plenty of sleep
- ✓ Keep a humidifier in your bedroom
- ✓ Take over-the-counter medications to alleviate some of the symptoms, such as cough suppressants, antihistamines and decongestants

I am committed to providing the best treatments for chest colds and upper respiratory infections and prescribing antibiotics only when necessary.

Signature

Date

Brought to you by:

