

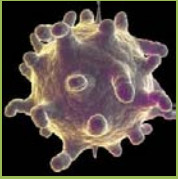
This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Sore throat:
What are the causes?

Bacteria...



Microbewiki.kenyon.edu



arcticboy.arcticboy.com

OR viruses!

Will antibiotics treat sore throats caused by viruses?

NO

Are antibiotics **needed** to treat sore throats caused by bacteria?

NOT ALWAYS

Sore throats

Resources:

www.familydoctor.org

www.medlineplus.org

www.webmd.com

Sore throat and antibiotics:
How much do they really help us as adults?



?



By Katelyn Rogers

Did you know?

Adults who have sore throats, because of bacteria or viruses, usually feel better in three to four days.

If you are older than 45, your sore throat is most likely caused by a virus, and antibiotics do not kill viruses.



neatsolutions.com

How do antibiotics help treat sore throats caused by bacteria?

- They lessen the number of bacteria and other rare problems such as kidney inflammation or rheumatic fever.
- They do shorten the sore throat, but by **ONLY** one day.

Are the side effects of antibiotics worse than a day of sore throat?

Diarrhea, rash, nausea...



That's up to you to decide.

When should you take antibiotics?

If you have the below symptoms for two to three days, the cause is likely bacteria:

- Fever >100.4 F
- No cough
- Swollen glands under chin
- Swelling or white stuff in back of throat

Antibiotics will help the sore throat by one day.



Otherwise, wait a week and if you still do not feel better, THEN SEE the DOCTOR!

What is antibiotic resistance?

When antibiotics are used to treat a virus (which does not work), there is a greater risk for bacteria around you to change their genes so that the antibiotics will no longer kill them.



With time, what was once an easy to treat sore throat will become harder and harder to treat.

And if we cannot kill the bacteria, more and more problems, such as kidney inflammation and rheumatic fever may happen.

Wrong use = Resistance