

## **ANTIBIOTICS – IMPORTANT TO BE AWARE!**

Compiled by Charles (Chuck) Maack – Prostate Cancer Patient/Activist/Mentor

Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

The spouse of a PC patient prescribed Levaquin/levofloxacin reported that her husband experienced Tendon Rupture as the result of being prescribed this antibiotic.

In checking this side effect, I found that this is not an uncommon side effect, among several other side effects, when being prescribed most any fluoroquinolones – that includes Cipro/ciprofloxacin and Avelox/moxifloxacin – other often prescribed to patients to determine, for example, if a urinary infection is causing a rise in PSA.

Accordingly, I would caution ALL patients, when prescribed any antibiotic, to both ask their physician as well as their pharmacist of the side effects that might occur from the administration of the medication. Please review the following:

<http://www.rxlist.com/levaquin-drug/warnings-precautions.htm>

<http://www.rxlist.com/cipro-drug/warnings-precautions.htm>

<http://www.rxlist.com/avelox-drug/warnings-precautions.htm>

And certainly to be reviewed and discussed with one's physician is the information in the following two papers. Take the time to read all the comments in the second paper:

<http://tinyurl.com/mzt7798>

<http://tinyurl.com/9mod8oh>

I would expect that when a patient picks up his prescription of any fluoroquinolones from his pharmacy a warning regarding tendon rupture and other side effects should be provided with the prescription, but the prescribing physician should have also explained the side effects that might be experienced and, if so, at what point should one immediately stop the medication. If you always purchase all your medications from the same pharmacy, there are usually safeguards programmed into their computers to recognize when a new medication being prescribed may be contrary to other medications already prescribed, thus the pharmacist will then direct your attention to this problem. From information in the foregoing paper, it may already be too late with damage already done that could cause problems in the indefinite future.

### **FURTHER CONSIDERATIONS:**

**Prevention ahead of time:** Cranberry products may help prevent UTIs (Urinary Tract Infections), especially those with recurrent infections, indicates a 2012 review of studies. Drinking several glasses of cranberry juice a day appeared to offer more protection than taking cranberry tablets. Researchers think that cranberries help prevent harmful bacteria from attaching and sticking to urinary tract cells. See: <http://tinyurl.com/q3ldcvq>. But read further regarding other considerations if planning on consuming cranberries or cranberry juice since the juice can also have negative effects: <http://tinyurl.com/luwnnle>. And a concern, of course, should also be whether the amount of cranberry in a juice will have any effect. Many cranberry juices on the market are combined with other juices, and all have sugar content for which to also be concerned.

### **Antibiotics less-toxic than fluoroquinolones:**

D-Mannose: <http://tinyurl.com/42xc2ou>

Guidelines recommend using **nitrofurantoin** or **trimethoprim-sulfamethoxazole** as first-line antibiotic treatments for UTIs. Fluoroquinolones (such as ciprofloxacin) are now only recommended when other antibiotics are not appropriate. See: <http://tinyurl.com/q3ldcvq>

Cephalosporin is another medication less toxic than the fluoroquinolones.

**IMPORTANT TO KEEP IN MIND**...unfortunately all medications to treat UTIs/cystitis have side effects that can be discomforting for some and dangerous for others. It is **IMPORTANT** to look up the side effects that may result from any medication to determine as well as whether the medication is contrary to other medications prescribed, and discuss the side effects described with one's physician **BEFORE** starting the medication. **ALWAYS** ask a medication prescribing physician to explain the side effects that may occur as well as if he/she has checked this medication against other medications you are already taking and supplements you may be taking.