

FLUOROQUINOLONES – BE AWARE

Cipro/ciprofloxacin, Levaquin/levofloxacin, Avelox/moxifloxacin

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DISCLAIMER: Please recognize that I am not a Medical Doctor. Rather, I do consider myself a medical detective. 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 deep research and study in order to serve as an advocate for prostate cancer awareness, and, from an activist patient's viewpoint, as a mentor to voluntarily help patients, caregivers, and others interested develop an understanding of this insidious men's disease, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make their journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. **IMPORTANTLY**, readers of medical information I may provide are provided this “disclaimer” to make certain they 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 their prostate cancer care.

Most recently, July 10, 2018, and subsequent to my information provided below compiled a few years back, the FDA has provided an update on the dangers of fluoroquinolones. Please open and review: <https://tinyurl.com/ya3zhtfn> “FDA updates warnings for fluoroquinolone antibiotics on risks of mental health and low blood sugar adverse reactions.”

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

A prostate cancer patient was prescribed Cipro/ciprofloxacin as part of his biopsy; he reported that he experienced acute renal failure. He has fortunately been successful for quite some time with Active Surveillance, but is now hesitant to ever have another biopsy.

In checking these side effects, 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, Levaquin/levofloxacin and

Avelox/moxifloxacin – and others 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/side-effects-interactions.htm>

<http://www.rxlist.com/cipro-drug/side-effects-interactions.htm>

<http://www.rxlist.com/avelox-drug/side-effects-interactions.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://articles.mercola.com/sites/articles/archive/2012/10/20/fluoroquinolones-side-effects.aspx>

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

It appears that when a patient picks up a prescription of any fluoroquinolones from a 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 does one immediately stop the medication. 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: - WHAT CAN REPLACE FLUOROQUINOLONES?

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.

Guidelines recommend using **nitrofurantoin** as first-line antibiotic treatments for UTIs. Fluoroquinolones (such as ciprofloxacin) are now only recommended when other antibiotics are not appropriate. See:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3104907/> and scroll down to "Conclusion."

Cephalosporin is another medication less toxic than the fluoroquinolones.

IMPORTANT TO KEEP IN MIND

Unfortunately, all medications to treat UTIs/cystitis or as a preventative antibiotic have side effects that can be discomfoting 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 as well as 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 and supplements you are already taking.