

# Airborne Diseases and Types of diseases

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## Infections and Antibiotics

Antibiotics are a group of medicines that are used to treat infections caused by some germs (bacterial and some parasite infections). Antibiotics can treat bacterial infections by killing the bacteria that causes them but cannot kill virus. Hence, antibiotics are not used in viral infection treatment. Antibiotics can kill the normal defence bacteria which live in the bowel and vagina. This may allow thrush or other bad bacteria to grow. Antibiotics can be taken orally as liquids, tablets, or capsules or they can be given as injection and also available as ointments, creams, or lotions to apply on skin to treat certain skin infections. Antibiotics also used to treat acne.

Common illnesses caused by bacteria such as strep throat, pneumonia, urinary tract infections, etc. Some bacteria become stronger than antibiotics. These bacteria are called as resistant bacteria.

The cause of resistant bacteria may be

Using antibiotics too often

Intake of antibiotics is not as directed by doctor

Not using antibiotics when it is needed.

Depending on health problem antibiotics will be given. Few health problems are as below

Sinus infections

- Ear pain
- Cough
- Bronchitis
- Cold
- Flu
- Sore throat
- There are several antibiotics available
- Penicillin
- Tetracyclin
- Aminoglycoside
- Cephalosporin
- Macrolide

- Clindamycin
- Sulfonamide
- Trimethoprim
- Nitrofurantoin
- Metronidazole
- Tinidazole
- Quinolone

### Side-effects of Antibiotics

However, with all like other medicines, there are several side-effects that have been reported with each of the different antibiotics. Most of the side-effects caused by antibiotics are not serious. Common side-effects include diarrhoea, soft stools (faeces), or mild stomach upset such as feeling sick (nausea). Few people have been reported that they are having allergic reaction to an antibiotic and few people have died from a severe allergic reaction and this condition is very rare.

Very rarely, antibiotic treatment will weaken the immune system and may cause a drop in the blood count, including white cells count which fights against the infection. This will become when the treatment is stopped.

The length of treatment varies to individual. It depends on type of infection caused, severity and response after starting treatment. Treatment can be:

- For few days (Urinary tract infection)
- For one or two weeks (Pneumonia)
- For a few months (Bone infections)
- For several months (Acne)

If the individual health history have allergy to antibiotics in past, they are advised not to take some type of antibiotics. If the individual is pregnant, there are few antibiotics which should not take, but health professional will advise on which one is suitable if an antibiotic is needed. If the individual is on some other medication, few antibiotics are needed to be avoided, or regular medication should be stopped while taking the antibiotics.

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