



A MINUTE OF HEALTH WITH CDC

Too Much of a Good Thing

Get Smart About Antibiotics Week — October 5–11, 2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Since the use of molds by ancient civilizations to treat diseases, antibiotics in one form or another have been used to save countless lives. But these miracle drugs have often been over-used, resulting in decreased effectiveness and an increase in antibiotic-resistant diseases. Use of antibiotics for the treatment of respiratory infections has decreased substantially in recent years, however, their use for numerous other infections has increased significantly. Not all infections require antibiotic treatment. Many conditions, such as a runny nose, fever, and most sore throats, can be overcome by simply treating the symptoms and letting the illness run its course.

Thank you for joining us on *A Minute of Health with CDC*.

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