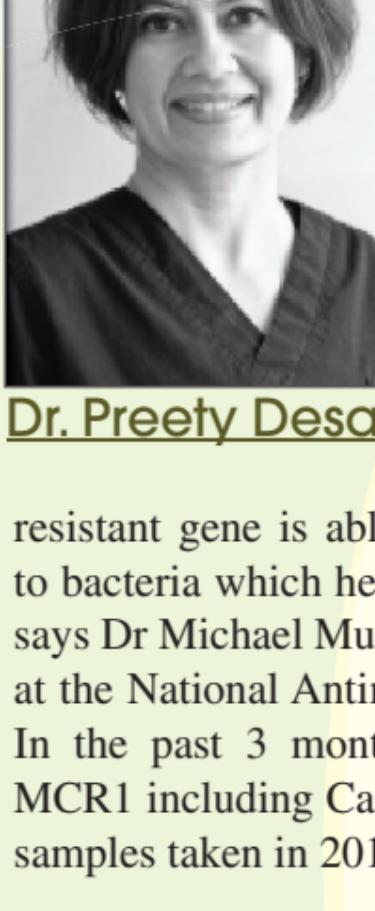


TOOTHFULLY speaking



Dr. Preety Desai

ANTIBIOTIC RESISTANCE APOCALYPSE

A recent Lancet article published the discovery of antibiotic resistance to Colistin, the last line of defense antibiotic!

The “MCR1” - a new antibiotic resistant gene is able to be transferred from bacteria to bacteria which heralds the end of the antibiotic age says Dr Michael Mulvey chief research microbiologist at the National Antimicrobial laboratory in Winnipeg. In the past 3 months over 12 countries confirmed MCR1 including Canada - dating back to ground beef samples taken in 2010.

For the first time, transference of antibiotic resistance is mobile for the first time, as Chinese researchers discovered, its resistance can be shared for example between Salmonella and Ecoli! Internationally, 19 countries have reported in Ecoli/salmonella resistance and so far, all from the animal agriculture industry.

The main economics behind new research is that pharmaceutical companies have moved away from acute vs chronic diseases’ medication research. They make more profit off of daily blood pressure or cholesterol medications while antibiotic usage is short term option and profits are less.

The good thing is that 2017 finally heralds the ban of indiscriminate antibiotic usage in Canada, the US and Europe but not China.

We all have some antibiotic resistant genes in our bodies whether we have had a heavy antibiotic usage history or not. Antibiotic resistance is spread internationally: through people, food, water and migratory birds.

So if you have to take antibiotics, as a last resort, take probiotics ie live bacteria so that you preload with good bacteria and heal faster from your infection and maintain a healthy ecology in gut and prevent clostridium Ecoli from growing for example. Probiotics have even been suggested in agriculture to replace antibiotics!

And lastly do not ask your doctor for antibiotics when you have a virus... MD's get forced by their patients to prescribe antibiotics all the time. Just remember that this increases the chance of you resisting an antibiotic when your REALLY need one in a life threatening situation.

The other important thing to be aware of is that over the counter “antibacterial soaps” contain triclosan. Triclosan’s widespread usage in antibacterial products is a carcinogen and the FDA has finally admitted to this. Of note is that triclosan was marketed in the 1960s as an antibiotic and it was so toxic, that manufacturers re-packaged and re-marketed it as an antibacterial and thus trademarked it and profited hugely.