![Compassion Care logo] Community Health Centers of Greater Dayton

HEALTHY AT 80

WHAT IS ANTIBIOTIC RESISTANCE?

Antibiotics and similar drugs have been used for the last 70 years to treat infectious diseases. Since the 1940s, these drugs have greatly reduced illness and death from infectious diseases. However, these drugs have been used so widely that the infectious organisms the antibiotics are designed to kill have adapted to them, making the drugs less effective.

Efforts to prevent antibiotic resistance build on the foundation of proven healthy habits to protect both you and your family from antibiotic-resistant infections.
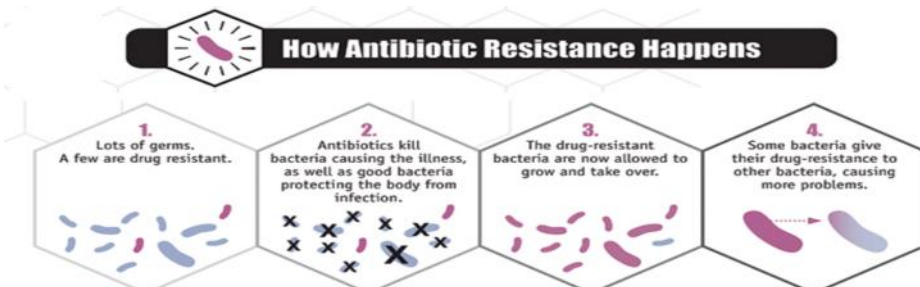
Wash Your Hands

⇒ Cleaning your hands is like a "do-it-yourself" vaccine you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular hand cleaning, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

Stay Up to Date with Vaccines

⇒ Disease prevention is key to staying healthy. It is always better to prevent a disease than to treat it. Vaccines can protect both the people who receive them and those with whom they come in contact. Vaccines are responsible for the control of many infectious diseases that were once common in this country and around the world.

Read on to learn more ways to avoid antibiotic resistant infections →

https://www.cdc.gov/drugresistance/protecting_yourself_family.html

How Antibiotic Resistance Happens
1. Lots of germs. A few are drug resistant.
2. Antibiotics kill bacteria causing the illness, as well as good bacteria protecting the body from infection.
3. The drug-resistant bacteria are now allowed to grow and take over.
4. Some bacteria give their drug-resistance to other bacteria, causing more problems.

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website: www.communityhealthdayton.org/healthyat80

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Community Health Centers of Greater Dayton—Your Medical Home

USE ANTIBIOTICS THE RIGHT WAY

Are you aware that colds, flu, most sore throats, & bronchitis are caused by viruses? Did you know that antibiotics do not help fight viruses? It's true. Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.
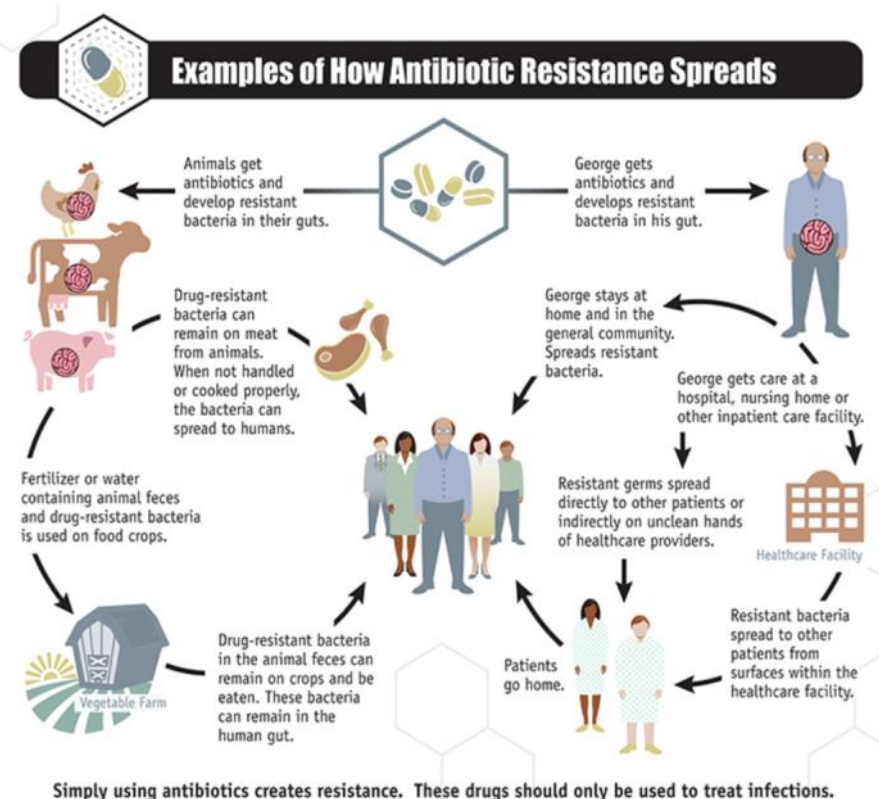
Learn when Respiratory Illnesses Need Antibiotics
⇒ Antibiotics aren't always the answer for common respiratory infections. Antibiotics do not fight infections caused by viruses like colds, most sore throats and bronchitis, & some ear infections. Unneeded antibiotics may lead to future antibiotic-resistant infections. Symptom relief might be the best treatment option.

Feel Better with Symptom Relief
⇒ Children and adults with viral infections, which antibiotics cannot treat, usually recover when the illness has run its course. Colds, a type of viral infection, can last for up to two weeks. You should keep your healthcare provider informed if your or your child's illness gets worse or lasts longer than expected. Over-the-counter medicines may help relieve some symptoms.

https://www.cdc.gov/drugresistance/protecting_yourself_family.html

Examples of How Antibiotic Resistance Spreads

Animals get antibiotics and develop resistant bacteria in their guts.

George gets antibiotics and develops resistant bacteria in his gut.

Drug-resistant bacteria can remain on meat from animals. When not handled or cooked properly, the bacteria can spread to humans.

George stays at home and in the general community. Spreads resistant bacteria.

George gets care at a hospital, nursing home or other inpatient care facility.

Fertilizer or water containing animal feces and drug-resistant bacteria is used on food crops.

Resistant germs spread directly to other patients or indirectly on unclean hands of healthcare providers.

Healthcare Facility

Drug-resistant bacteria in the animal feces can remain on crops and be eaten. These bacteria can remain in the human gut.

Patients go home.

Resistant bacteria spread to other patients from surfaces within the healthcare facility.

Vegetable Farm

Simply using antibiotics creates resistance. These drugs should only be used to treat infections.

FEEL BETTER SOON!

While antibiotics cannot treat infections caused by viruses, there are still a number of things you or your child can do to relieve some symptoms and feel better while a viral illness runs its course. Over-the-counter medicines may also help relieve some symptoms.

For upper respiratory infections, such as sore throats, ear infections, sinus infections, colds, & bronchitis:
* Get plenty of rest
* Drink plenty of fluids
* Use a clean humidifier or cool mist vaporizer
* Avoid smoking, secondhand smoke, and other pollutants (airborne chemicals or irritants)
* Take acetaminophen, ibuprofen or naproxen to relieve pain or fever (check with your health care provider about what is safe to give your child)
* Use saline nasal spray or drops.

Try the following tips if you or your child has a sore throat:
* Soothe with ice chips, sore throat spray, popsicles, or lozenges (do not give lozenges to young children)
* Gargle with salt water
* Drink warm beverages

https://www.cdc.gov/antibiotic-use/community/for-patients/symptom-relief.html

NUTRITION BITES!

Clean, Separate, Cook, Chill

Following four simple steps at home can help protect you and your loved ones from food poisoning.

CLEAN: Wash your hands and surfaces often.

⇒ Germs that cause food poisoning can survive in many places and spread around your kitchen. Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating. Wash your utensils, cutting boards, and counter-tops with hot, soapy water.

⇒ Rinse fresh fruits and vegetables under running water.

SEPARATE: Don't cross-contaminate.

⇒ Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

⇒ Use separate cutting boards and plates for raw meat, poultry, and seafood. When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.

⇒ Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

COOK: To the right temperature.

⇒ Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. Check this chart for a detailed list of foods and temperatures.

  ⇒ 145°F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)

  ⇒ 160°F for ground meats, such as beef and pork

  ⇒ 165°F for all poultry, including ground chicken and turkey

  ⇒ 165°F for leftovers and casseroles

  ⇒ 145°F for fin fish or cook until flesh is opaque

CHILL: Refrigerate promptly.

⇒ Keep your refrigerator below 40°F.

⇒ Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)

⇒ Thaw frozen food safely in the refrigerator, in cold water, or in the microwave.

https://www.cdc.gov/foodsafety/keep-food-safe.html

4 STEPS TO FOOD SAFETY — CLEAN ⬥ SEPARATE ↔ COOK ⚲ CHILL ❄

Delicious & Nutritious

GOLDEN ZUCCHINI PANCAKES

If your garden or the local grocery or farmers market is overflowing with zucchini this time of year, make these incredible pancakes! Squeeze the zucchini well before using to remove excess moisture.

3 cups shredded zucchini
2 large eggs
2 garlic cloves, minced
3/4 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon dried oregano
1/2 cup all-purpose flour
1/2 cup finely chopped sweet onion
1 tablespoon olive oil or canola oil
Low Sodium Marinara sauce, warmed, optional

⇒ Place zucchini in a colander to drain; squeeze well to remove excess liquid. Pat dry.
⇒ In a large bowl, whisk eggs, garlic, salt, pepper and oregano until blended. Stir in flour just until moistened. Fold in zucchini and onion.
⇒ Lightly grease a skillet with oil; heat over medium heat. Drop zucchini mixture by 1/4 cupfuls onto skillet and flatten to 1/2-in. thickness (3-in. diameter). Cook 4-5 minutes on each side or until golden brown. If desired, serve with marinara sauce. Yield: 8 zucchini pancakes.

https://www.tasteofhome.com/recipes/golden-zucchini-pancakes

NUTRITIONAL FACTS

2 pancakes: 145 calories, 6g fat (3g saturated fat), 101mg cholesterol, 510mg sodium, 18g carbohydrate (3g sugars, 2g fiber), 6g protein. **Diabetic Exchanges:** 1 starch, 1 fat.