

Antibiotics are not always the answer





What are Antibiotics?

Antibiotics are medications used to fight bacterial infections. Since their discovery, they have revolutionized medicine and saved countless lives. However, their misuse and overuse have led to significant public health challenges, including antibiotic resistance.

Understanding Antibiotic Resistance

Antibiotic resistance occurs when bacteria evolve and become resistant to the effects of these medications, primarily due to the overuse and misuse of antibiotics. Resistant infections are harder to treat and require stronger medications. Antibiotic resistance is not only a concern in the United Arab Emirates (UAE) but also a global problem. Global reports state that antibiotic resistance causes 700,000 deaths per year worldwide. Without action, the death toll could reach 10 million by 2050.



Causes of Antibiotic Resistance

Over-prescription:

Antibiotics are often prescribed for viral infections like colds and flu, against which they are ineffective.

Incomplete courses:

Patients who fail to complete their prescribed antibiotic courses allow bacteria to survive and develop resistance.

Poor infection control:

Inadequate infection control measures in healthcare settings can spread resistant bacteria.



Preventing Antibiotic Resistance

It is crucial to use antibiotics responsibly to prevent the spread of resistant bacteria.



Global Efforts to Combat Antibiotic Resistance

Antibiotic resistance is a global issue that requires coordinated efforts. International organizations, governments, and health agencies are working together to address this challenge. The World Health Organization (WHO) leads global efforts to monitor antibiotic resistance and promote best practices.



Antibiotic resistance is a significant threat to global health that requires urgent attention. By understanding the causes, practicing responsible use, and spreading awareness, we can help preserve the effectiveness of these life-saving medications. Let us all contribute to a healthier future by using antibiotics wisely and supporting global efforts to combat resistance.

How can MetLife Help

- **Educational Awareness:** In the form of webinars and newsletters to help you make informed decisions. For more information, please visit: [Your Guide to Holistic Wellbeing - Articles, Webinars & Expert Tips| MetLife UAE](#)
- **Tips During Flu Season:** MetLife provides valuable tips to keep you safe during cold and flu seasons.
- **Flu Vaccine:** MetLife organizes several flu vaccination campaigns to help you stay healthy.
- **Telemedicine:** MetLife provides teleconsultation solutions for easy and fast access to care. Use these services if you are unsure, instead of self-prescribing.



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