Antibiotic awareness

Spurious use of antibiotics has lead to the precious drugs being prescribed profusely. This has raised concern among the medical fraternity as we head towards a post-antibiotic era.

New Delhi, Nov 28, 2016: Use of antibiotics needs to be carefully monitored to curb unnecessary prescription. Antibiotics work by targeting specific mechanisms within the microorganisms essential for growth and survival, however, bacteria have certain defense systems that gradually evade these effects, and become resistant. Spurious use of antibiotics can speed up this defense system much faster than we can counteract them. Hence, it is necessary that awareness be raised about global antibiotic resistance and encourage best practices of usage amongst doctors and patients.

Padma Shri Awardee Dr. K.K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Elect Indian Medical Association (IMA) adds, “It is important to understand when is the doctor or the patient at fault when antibiotic usage is concerned. From the physician’s side, over prescription needs to be controlled. Sometimes, these drugs are given as a preventive measure rather than a cure. Moreover, in the interest of being careful, physicians deem it best to prescribe a low dose antibiotic even when the said drug is not clinically required. From the patient’s side, self medication is worrisome. Several of clinically precious antibiotics are available over the counter, and are often taken without a guided instruction about dosage and proper regimen.”

“Antibiotic resistance is a global concern. We stand at the edge of an imminent ‘post-antibiotic’ era where resistant bacteria can render precious lifesaving drugs obsolete. Medical science is heavily dependent on antibiotics, from treating simple tetanus wounds to complex surgical procedures. If this overusage continues, even simple infections will have the potential to be fatal. It is important that both medical and patient community become more aware about the judicious and just use of these precious drugs”, add Dr. K.K Aggarwal.

Following are some instances where the physician or the patient could be faulted for prescribing antibiotics:

- Prescribing antibiotics when no bacterial infection exists.
- Prescribing the wrong antibiotic or the wrong dose.
- Prescribing antibiotics for longer than necessary.
- Prescribing strong antibiotics, when a less strong would be as effective.
- Prescribing an expensive antibiotic when a cheaper but equally effective antibiotic is available. When are you at fault?
- You demand antibiotics even when the doctor thinks it is unnecessary
- You buy an antibiotic without prescription.
- You buy an antibiotic without a bill
• You stop antibiotics as soon as your symptoms start improving and you do not take a full course of antibiotics.
• When you change brands without doctor’s knowledge

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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