



STUDY SAYS ANTIBIOTIC TREATMENT DOES NOT HELP SORE THROAT

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According to a new research study published in the British Medical Journal, prescribing antibiotics for a sore throat has only marginal, if any, benefit.

The number of people visiting physicians complaining of sore throats and respiratory conditions have increased in recent years.

Many feel that this increase is due to, in part, air pollution and other environmental factors. Yet the first reaction of many medical doctors is to prescribe penicillin or some other antibiotic, which adds to the growing problem of antibiotic-resistant bacteria. The unnecessary use of antibiotics in recent years has given rise to a breed of “superbacteria” which are resistant to antibiotics, and can weaken the normal immune system.

The study showed that no difference was found in people with sore throats who were given a ten-day prescription of antibiotics, no antibiotics, and a delayed prescription if the sore throat had not begun to improve after three days.

According to the researchers, the average duration of a sore throat is five days, yet almost 40% of the population have a sore throat for longer than this – with or without antibiotics.

SOURCE: British Medical Journal, August 9, 1997 as reported in Health Watch Newsletter