

# Doctors Told to Stop Giving Antibiotics for Colds

Doctors in Britain will soon be told to stop prescribing antibiotics for coughs, colds and sore throats. Overuse of the drugs is fuelling the spread of deadly antibiotic-resistant super bugs. A new government program aims to diminish the use of the drugs.

Most colds, coughs and flu are caused by viruses, which cannot be treated with antibiotics since antibiotics only work on bacteria.

Overuse of antibiotics has been blamed for the rise of drug-resistant tuberculosis. If antibiotic use is not curbed, doctors could run out of effective treatment for some diseases.

Sources:  
The Telegraph January 9, 2008



I am not opposed to antibiotics; they do have an important use under the right circumstances. However, I do believe that well over 95 percent of the time antibiotics are prescribed, they are completely unnecessary, and even worse, cause serious side effects that are sometimes fatal.

Additionally, this unrestrained use of antibiotics in the past has now caught up with us and led to new super-bugs, such as the drug resistant MRSA -- which is why you should **never ask your doctor for antibiotics when you suffer from colds, coughs, sore throat, ear aches and flu. These are caused by viruses, which cannot be treated with antibiotics anyway, and usually clear up on their own.**