

Antibiotics use

My wife and I love to travel to exotic destinations, and my previous doctor used to give me antibiotics in case I got sick in a remote location. I have a new primary care physician who is hesitant to do this. What does DAN recommend?

Answer from DAN experts:

For some time now prescribing guidelines regarding antibiotic use for various conditions have favored a much more conservative approach due to increasing antibiotic resistance. Many illnesses are viral in nature, and antibiotics are of no benefit in these cases. If you get sick while traveling, a local physician is your best resource; he or she will be aware of the common pathogens that cause problems in the area you are visiting. When traveling, your best defenses against illness are handwashing, careful sourcing of water and food, getting relevant travel immunizations and taking appropriate precautions in areas where mosquitoes and other living organisms can transmit infectious diseases to humans. Talk to your doctor or visit a travel medicine clinic if you will be going to a region in which medical care is lacking. The doctor can advise you about any medications you should take with you and when to use them.