

## RESISTANCE

### WHAT IS RESISTANCE?

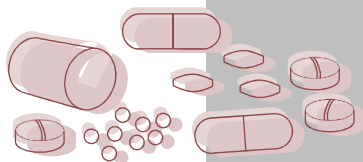
Some bacteria are resistant to antibiotics, and are not killed by the antibiotics. Some of these resistant bacteria can be treated with more powerful and more expensive medicines, but some are already untreatable because of antibiotic overuse! The more antibiotics you take, the greater your chance of being infected with a resistant bacteria.

### HOW DO BACTERIA BECOME RESISTANT?

Every time we take antibiotics, many bacteria are killed, but strong resistant bacteria may be left to grow and multiply. Improper use of antibiotics is one of the main causes of resistant bacteria. These resistant bacteria can also be spread to other people in the family or the neighborhood.

### HOW CAN YOU PROTECT YOURSELF?

Learn about the differences between bacterial and viral infections, and talk to your doctor about them. Understand that antibiotics should not be used for every infection. When antibiotics are given by your doctor, take the full course of therapy. Do not save antibiotics and do not share with friends or family.



**Improper use of antibiotics is one of the main causes of resistant bacteria.**

## Anthem Prescription

Anthem Prescription is a pharmacy benefit management company. One of Anthem Prescription's goals is to provide information about pharmacy issues and to assist physicians, providers and their patients.

Anthem Prescription manages a variety of prescription drug benefit programs, including our mail service, Anthem Rx Direct and a national retail pharmacy network, Anthem Rx Network. Anthem Prescription also provides other quality initiatives to certain plans, including programs for the management of drug utilization and prescriber drug reporting.

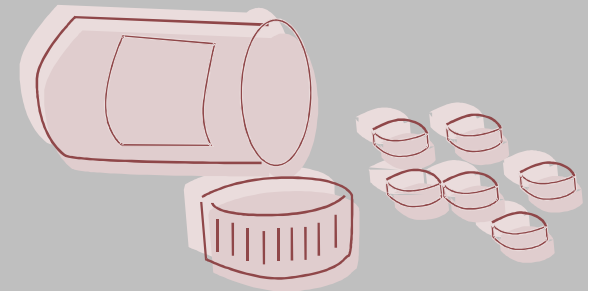
Anthem Prescription Management, LLC  
8990 Duke Blvd.  
Mason OH 45040

Phone: 1-800-392-7871  
Fax: 1-888-833-6037

*The information provided on this brochure is for informational purposes only and should not be construed as treatment protocols for required patient guidelines. Diagnosis, treatment recommendations, and the provision of medical service for patients is the responsibility of providers and practitioners.*



**Do You Really  
Need an  
Antibiotic?**



**Anthem<sup>®</sup> Prescription**

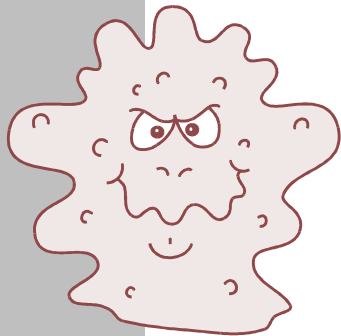
## ANTIBIOTICS

### WHAT ARE ANTIBIOTICS?

Antibiotics are used to treat infections caused by bacteria, they do not work on infections caused by viruses. Antibiotics are among the most important medicines known. When used properly they can save lives, but if used improperly, they can be harmful.

### WHAT IS THE DIFFERENCE BETWEEN BACTERIA AND VIRUSES?

Viruses cause most colds, sore throats, and the flu. You will recover from viral infections when the illness has run its course. Bacterial infections are caused by bacteria and are treated with antibiotics.



**Antibiotics attack bacterial germs that cause infection.**

## When are Antibiotics Needed?

- \* Ear infections - There are different types, some need antibiotics and some do not.
- \* Sinus infections - Most people do not need antibiotics. Antibiotics are needed for some long lasting or severe cases.



**Antibiotics have no effect on colds or the flu.**

- \* Cough - Antibiotics are rarely needed.
- \* Sore throat - Most sore throats are caused by viruses. One type of bacterial infection, "strep throat", requires antibiotics.
- \* Colds - Colds are caused by viruses and can last for 2 weeks. Antibiotics have no effect on colds. Your doctor may have suggestions for comfort measures.
- \* Flu - The flu is caused by a virus. Antibiotics have no effect on the flu.

## YOUR PRESCRIPTION



**Make sure you finish taking all of your antibiotic prescription!**