Why is antibiotic resistance a threat to your health, your children's health and your pets' health?

Antibiotics are valuable medicines for our health and that of our animals. Without them, many bacteria could lead to serious illness and even death. But inappropriate use of antibiotics increases the proportion of bacteria that can resist them. As these resistant bacteria multiply in our bodies, in our animals' bodies and in the environment, they cause diseases that are more difficult to treat. Surgeries and transplants also become risky if antibiotics no longer work. This phenomenon, known as AMR (AntiMicrobial Resistance), can thus endanger the health of everyone and is a major threat to public health.

It is important to know when and how to take antibiotics. Misuse can put our health at risk. So talk to your vet.

How does resistance develop ?

1. Our bodies contain countless bacteria. Some can be resistant to antibiotics.

2. Antibiotics kill both the bacteria that cause infections as well as the good bacteria.

3. Antibiotic-resistant bacteria can then evolve.

4. Some bacteria can pass on their resistance traits to other bacteria.

To be clear:

1. Antibiotic resistance does not mean that the body becomes resistant to antibiotics. It means that bacteria develop the ability to fight antibiotics designed to eliminate them.

2. When bacteria become resistant, antibiotics cannot fight them and the bacteria multiply. These hard-to-treat bacteria can spread and contaminate other people, animals and the environment.

3. Resistance traits can be passed between different bacteria. Thus, some bacteria acquire the ability to resist multiple antibiotics over time.

Dear vet, what can be done to combat antibiotic resistance?

We all need to make better use of antibiotics. This means:

- Using them less, by taking antibiotics only when absolutely necessary.
- Using them better, by being very careful about how you take them, and what you do with them afterwards.
- It is also essential to reduce the risk of infection and the transmission of bacteria by adopting appropriate hygiene and prevention measures.