

WARNING: CERTAIN ANTIBIOTICS MAY CAUSE PERMANENT NERVE DAMAGE

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In the past 36 plus years of clinical practice of Integrative/Functional Medicine, I have witnessed a continual spiral of increased neurological conditions from the chronic administration of prescription medications. It will be revealed to the readers of this publication the types of medications along with the secondary consequences with prolonged use of these medications. Please keep in mind that this brief expose is only but a tip of the ice-burg in regard to chronic use of antibiotics with the conditions discussed below. Bear in mind that there are many disease states and chronic debilitating conditions which occur with long term use of any kind of prescription medication so the reader should always beware of any secondary complications when taking any type of medication(s)!

Peripheral neuropathy is nerve damage in the arms and/or legs, characterized by “pain, burning, tingling, numbness, weakness, or a change in sensation to light touch, pain or temperature, or sense of body position.

This is not the first warning FDA has posted about this family of antibacterial drugs. In 2008, they posted a black box warning about severe tendon damage. Now having the additional warning for severe and sometimes permanent nerve damage, there should be NO question in your mind about the danger of these drugs, and I strongly recommend avoiding them if at all possible.

Just Say “Know” (NO)!

Fluoroquinolones, a class of synthetic antibacterial drugs are the only types that directly *inhibit bacterial DNA synthesis*. Several drugs, in this class have been taken off the market due to their deadly adverse effects, but six of them remain FDA-approved for use in the United States:

Ciprofloxacin (Cipro)

Gemifloxacin (Factive)

Norfloxacin (Noroxin)

Levofloxacin (Levaquin)

Moxifloxacin (Avelox)

Ofloxacin (Floxin)

Due to their tremendous health risks, fluoroquinolones should be reserved for treating serious bacterial infections that won't respond to any other treatment when the patient is made fully aware of the potential for serious adverse events. Instead, they're ***often inappropriately*** prescribed for mild conditions like sinus, urinary tract and ear infections.

In fact, fluoroquinolones are among the most commonly prescribed antibiotics in the United States. I highly recommend you take pause before filling a prescription for these drugs, especially if you have a "routine infection" that has not been treated by other agents that have a safer side effect profile.

You should not expose yourself to this degree of risk unnecessarily! The dangerousness of fluoroquinolones definitely warrants some serious discourse with your health care provider about whether they are really necessary, versus safer treatment options.

Fluoroquinolones may be the ***deadliest antibiotics*** on the market. Besides *nerve damage*, they have been associated with damage to other body systems, including your musculoskeletal system, eyes and kidneys. What makes these particular drugs so hazardous?

It has to do with the fact that fluoroquinolones are antibiotics whose potency has been "kicked up" by the addition of a fluoride molecule. Fluoride increases permeability, into hard-to-penetrate tissues, such as your brain.

Fluoroquinolones are quinolones with fluoride molecules attached – so they penetrate your blood-brain barrier. This ability to penetrate sensitive tissues is what makes fluoride such a potent neurotoxin, able to get into your brain and damage your central nervous system.

In terms of peripheral neuropathy, the FDA was not exactly quick to take action. Twelve years ago Dr. Jay Cohen documented the following fluoroquinolones-related reactions, and as you can see, nervous system problems topped the list. Yet it took more than a decade-and many destroyed lives-for the FDA to take action.

Nervous system symptoms occurred in 91 percent of patients, taking Fluoroquinolones (pain, tingling and numbness, dizziness, malaise, weakness, headaches, anxiety, panic, loss of memory, psychosis)

Musculoskeletal symptoms in 73 percent of patients (tendon ruptures, tendonitis, weakness, joint swelling)

Sensory symptoms in 42 percent of patients (tinnitus, altered visual, olfactory, and auditory function)

Cardiovascular symptoms in 36 percent of patients (tachycardia, shortness of breath, chest pains, palpitations)

Skin reactions in 29 percent of patients (rashes, hair loss, sweating, intolerance to heat or cold)

Gastrointestinal symptoms in 18 percent of patients (nausea, vomiting, diarrhea, abdominal pain)

Levaquin, the best selling antibiotic in 2010, actually faces thousands of lawsuits per year from people who have been seriously harmed by taking it. The serious reactions reported from Levaquin include:

Retinal detachment, which can cause blindness

Acute kidney failure

Brain Fog

Depression

Hallucinations

Psychotic reactions

Painful rashes

Phototoxicity

Nausea and Diarrhea

Healing problems

Disruptions to blood sugar metabolism

Peripheral neuropathy

Fluoroquinolones Destroy Collagen

Animal studies have shown that fluoroquinolones are directly toxic to collagen synthesis and promote collagen degradation. Fluoride disrupts collagen synthesis, which may be part of the reason that fluoridated pharmaceuticals can damage your muscles, tendons, cartilage, ligaments and other structures.

The fluoroquinolones seem to have an especially detrimental effect on your musculoskeletal system, presumably related to this adverse effect on collagen, which can lead to tendon damage and actual tendon ruptures. This resulted in the FDA's issuing of a black box warning about tendon damage in 2008.

Fluoroquinolones are not the only drugs "suped up" by the addition of a fluoride molecule. Prozac (fluoxetine), Prevacid, Baycol, and Daimane (flurazepam) are also fluorinated.

Are We Heading for Even MORE FDA Warnings?

Two other recent studies may foreshadow even more warnings about fluoroquinolones, in terms of liver toxicity and greater risks for people with diabetes. Are we nearing the time when these drugs should be yanked off pharmacy shelves altogether, rather than just receiving more warnings on their labels?

Moxifloxacin and levofloxacin were found to increase the risk for acute liver toxicity in people age 66 and up. The findings were published in the Canadian Medical Association Journal in August 2012. The authors recommended FDA consider regulatory warnings acute liver toxicity.

Oral fluoroquinolones cause an increased risk of dysglycemia (high blood sugar or low blood sugar reactions) for those with diabetes, according to a study in the August 14, 2013 issue of Clinical Infectious Diseases.

Fluoroquinolone Antibiotic Resistance is Much Greater than Predicted

Fluoroquinolones contribute to the creation of antibiotic-resistant bacteria to a much greater degree than experts predicted, according to a report in Frontiers of Microbiology.

Since quinolones are synthetic antibiotics, it was predicted that mutations in target genes would be the only mechanisms through which resistance could be acquired, because there will not be quinolone-resistance genes in nature. Contrary to this prediction, a variety of elements ranging from efflux pumps, target-protecting proteins and even quinolone-modifying enzymes have been shown to contribute to quinolone resistance. The finding of some of these elements in plasmids indicates that quinolone resistance can be transferable,

Failure to predict the development of quinolone resistance reinforces the need of taking into consideration the wide plasticity of biological systems for future predictions. This plasticity allows pathogens to deal with toxic compounds, including those with a synthetic origin as quinolones.

Not only are these antibiotics overused in people, but also in livestock (cows, pigs, chickens, turkeys and in our canine and feline companions. Every year in the US, 29 million pounds of antibiotics – more than 70 percent of the total antibiotic production – are fed to livestock for nontherapeutic purposes, such as growth promotion. These antibiotics are passed on to you in the meat and dairy you consume.

Overuse of various antibiotics has been linked to antibiotic resistant infections like methicillin-resistant *Staphylococcus aureus* (MRSA), vancomycin-resistant enterococci (VRE) and the potentially life-threatening diarrhea caused by *Clostridium difficile* (C. diff). According to some research, being given fluoroquinolones is the most important risk factor in developing *Clostridium difficile* – associated diarrhea (CDAD)

The documentary “Rise of the Superbugs” details why antibiotic overuse is leading to the emergence of nightmare bacteria that have developed near-total resistance to today’s antibiotics. Even gonorrhea and tuberculosis bacteria now have resistant strains. Again, a large part of the problem is that these drugs, which should be reserved for life-threatening infections that cannot otherwise be treated, are being vastly overprescribed. Physicians who prescribe in this manner are essentially trying to kill mosquitos with a stick of dynamite – with collateral damage as described throughout this article.

Fluoroquinolones are thought to be particularly dangerous for children under age 18, adults over 60, and pregnant and nursing women, as well as for people with liver disease, diabetes, or those taking corticosteroids or nonsteroidal anti-inflammatory drugs (NSAIDs). But they are often prescribed for these groups anyway, without even a passing thought.

So in conclusion, if the patient's immune system is strong and is prescribed natural medicine alternatives, we can prevent needless pain and suffering from these harmful antibiotics. Our office is equipped with the best sources of natural medicines and products to have the same reaction(s) against the bacteria or pathogens which affect the American public.

Dr. Badanek has been and currently is 37 years into active/private practice in the Ocala/Marion County, Florida region. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151