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[Antibiotic resistance a potent health hazard](#) – NBC

[Farm experts study effect of antibiotics on livestock](#) – Register-Star

[Amid superbug worries, these states have the highest antibiotic-prescribing rates](#) – The Washington Post

['Disturbing' discovery in China raises red flags about antibiotic-resistant bacteria](#) – CTV News

[Union City children win art contest about antibiotic use](#) – Go Erie

~Student Edition~

**'Tis the Season to be Healthy**

When we think about the holidays, we usually imagine the happy times spent decorating the tree, singing carols, or sharing a good meal with family and friends. We don't often think about the importance of staying healthy through the season. The stress of buying gifts, travelling, hosting family parties and reduced sleep can lead to sickness. Remember that it is not too late to get your flu shot this year. Check with your health insurance provider to find where you can get your flu shot. If you are already feeling ill, avoid crowded places and always cover your mouth when you cough or sneeze. Instead of falling victim to sickness, abide by the following tips to ensure you have a happy holiday season:

- Wash your hands often
- Stay warm
- Manage stress
- Travel safely
- Be smoke-free
- Get checkups and vaccinations
- Prevent injuries
- Eat healthy and be active



the [food](#)

Check out the CDC website for more details and the ["12 Ways to Health" Holiday Song](#).

**"What Do We Do When Antibiotics Don't Work Anymore?" – TEDMED**

The TEDMED talk entitled "What Do We Do When Antibiotics Don't Work Anymore?," given by Maryn McKenna, public health journalist, recounts the horrifying stories behind emerging antibiotic-resistant diseases that are on the verge of growing outside of the control of medical science.

If we look back through history in the pre-antibiotic era, most people died from infections. This changed once antibiotics arrived. Suddenly, an infection that once meant certain death disappeared within a few days. However, it appears that people are now dying of infections from resistant bacteria.



Many people hope that these resistant infections are unlikely and rare. However, the truth is that, in the United States and Europe, 50,000 people die of resistant bacteria each year. Antibiotics are lifesaving drugs when they are medically needed, especially for those with weakened immune systems and when indicated for treatment before and after surgery. If we live in fear of minor infections, we could reduce the enjoyment of going about our everyday lives.

## Ask the Expert!

Please send any questions you may have to [knowwhentosayno@pa.gov](mailto:knowwhentosayno@pa.gov).


Your questions will be featured in the upcoming newsletters with answers from our collaborators.

If you have any ideas for future newsletters or would like more information, please feel free to contact us.

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However, we do not need to get to this point. Alexander Fleming, the inventor of penicillin, warned that resistance would occur with overuse of antibiotics. He said that he "hopes that this evil can be averted."

Although there are companies and scientists working on new antibiotics that the superbugs have never seen before, there is still a possibility that the bacteria may develop resistance to those drugs, too. As Joshua Lederberg alluded, "It is a race that the bacteria have a greater chance at winning." Bacteria create a new generation every 20 minutes, while it takes 10 years for us to come out with a new drug to combat them. The best way to help fight antibiotic resistance is to change the social norms about antibiotic use.



Maryn McKenna is the author of the award-winning books "Superbug: The Fatal Menace of MRSA" and "Beating Back the Devil: On the Front Lines with the Disease Detectives of the Epidemic Intelligence Service." Her next book, on antibiotics and agriculture, will be published in 2016.

The full TEDMED talk can be found [here](#).

### Student Reflections on the [CDC's Grand Rounds](#)

As a student interested in both the medical field and public health, the Grand Rounds presentation provided many insights into the fields, as well as significant information and statistics about antibiotic resistance. The presentation allowed a high school student like me to understand complex topics, such as the development of antibiotic resistance in communities, by discussing them in simple ways.



The presentation not only explains how antibiotic resistance occurs but also the effects of it in communities, hospitals, etc. Seeing how something can go from occurring on a molecular level to having larger implications made the concept of antibiotic-resistant bacteria very real and revealed to me the importance of public awareness on the matter.

#### Looking Ahead....

Are you making a New Year's resolution for better health?

Will it be to get adequate sleep at night? Add an extra 15-minute walk to every day? Practice better hand hygiene? The CDC has some great tips! Check their website [here](#).

#### Newsletter Content Developed by Aneesha Maini, Get Smart Intern

Aneesha is a high school student who helps the Get Smart Program further its mission of antibiotics education and outreach to the community. She contributes to the monthly newsletters, facilitates Twitter activity and helps to conduct hand hygiene trainings. Aneesha is a great asset to our program. In the fall, she will be attending Emory University; she hopes, in the future, to go to medical school and obtain a Master's Degree in Public Health.