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Super Bugs – Meet Your Match!

As Fall approaches, as does the upcoming flu season. Staying healthy and washing your hands frequently are two small things that you can do to prevent the spread of germs.

Both viruses and bacteria trigger infections, but antibiotics only work against bacteria. Superbugs have the ability to mutate and counteract the effectiveness of antibiotics. The recent "Do Bugs Need Drugs" campaign reminds us to use antibiotics wisely to stop bacteria from becoming drug resistant.

The great news is that superbugs have met their match.

A team at Nanyang Technological University (NTU) have developed a coating that attracts bacteria and eliminates the need for antibiotics. The killer coating has proven to destroy 99% of the bacteria and fungi that it comes in contact with, and could be a viable alternative to antibiotics.

It removes cells via the demolition of cell walls - making it extremely difficult for bacteria to develop an effective resistance.

NTU now aims to improve the liquid solution by developing it into a safe and proven antibiotic replacement within the next five years and using it for biomedical and consumer products. From implants and surgical instruments to kitchen utensils and cutlery, the coating offers many benefits and it is safe to human cells, as the demand for such alternatives will be even higher with the rapid emergence of superbugs.

In the meantime, getting the flu shot can prevent you from being hit from the fever, aches and sudden onset of symptoms.

Here are some other ideas to make your flu shot less painful:

- **Look Away.** When the doctor is about to plunge a needle into your arm, look away. There's new scientific evidence that it will hurt less.
- **Select an Arm.** Take control of the flu shot process by selecting which arm you will receive the shot. Research indicates that controlling the environment and making the decision of "which arm" can help calm your nerves
- **Breathe.** Do some deep breathing before the needle is injected. By remaining relaxed, you can focus on something other than the needle. Also, removing tension can mean that your muscles relax resulting in a less painful shot.

Many pharmacists are trained to provide vaccinations and are preparing for this year's flu season. Don't run the risk of getting hit this season - see us soon!