



## From the Doctor.....

A Sports-medicine series by S7 Team Medical Advisor & USAT coach, Dr. John McMenemy.

### Antibiotic Warning

Good day Studio7 athletes.

The coaches at Studio7Multisport are dedicated to helping athletes reach their maximal training and racing potential and to build a lifestyle of long lasting health. An integral part of this is addressing various healthcare issues associated with this lifestyle. This new addition to the website will help with this task.

During light to moderate training, the immune system enjoys a boost in strength and efficiency. Not only do we feel better but we get sick less. However, when training turns to heavy intensive training there is actually a decrease in the immune system strength – particularly after half and full Ironman distance races. With this being said – we are all going to get sick periodically. Many athletes will be prescribed antibiotics for illnesses – especially sinusitis and bronchitis as well as bladder and prostate infections. Unfortunately, some will be given antibiotics for viral illnesses, which of course does not help, and you can actually have complications from this indiscriminate use of antibiotics.

OK – now the real reason for the posting.

A very popular and very effective group of antibiotics used are called Fluoroquinolones. Common examples of this are Cipro, Levaquin, and Avelox. **The issue is that there is an increased risk of tendonitis and tendon rupture with use of these antibiotics.** To make matters worse, the increased risk can last for up to several months. I caught wind of this actually some years back and have not been prescribing this medicine to athletes. This concern was recently confirmed when the FDA stated that all these drugs have a “black box” warning that this side effect can occur.

So, if off to see your friendly medical provider and they feel you have a bacterial infection, beware of this antibiotic. If your physician is an athlete, they will likely know this, but if they are not then they likely will not know about the warning and will prescribe the antibiotic in good faith but unaware of this fairly rare but very significant side effect.

Here is the link to the recent warning: <https://www.hcnn.net/alerts/1000004.aspx?autr=1>

I would be remiss in not telling you that eating a well balanced diet, getting 8 hours of sleep at night and keeping stress levels low helps to keep the immune system strong as well. I know that fits in well with our Type “A”, over the top, crammed schedules we deal with but at least you have the knowledge.

Let me know if any questions and have a great day.

**John McMenemy, M.D.**

**Try-a-Tri Coach, Medical Advisor**

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