

## Fluoroquinolones - Be Aware

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**Citation:** Maack C (2018) Fluoroquinolones - Be Aware. J Cancer Sci Clin Oncol 5(2): 202

**Received Date:** July 18, 2018 **Accepted Date:** July 27, 2018 **Published Date:** July 30, 2018

**Keywords:** Cipro/ciprofloxacin; Levaquin/levofloxacin; Avelox/moxifloxacin

The spouse of a PC patient prescribed Levaquin/levofloxacin reported that her husband experienced Tendon Rupture as the result of being prescribed this antibiotic.

A prostate cancer patient was prescribed Cipro/ciproflaxin as part of his biopsy; he reported that he experienced acute renal failure. He has fortunately been successful for quite some time with Active Surveillance, but is now hesitant to ever have another biopsy.

In checking these side effects, I found that this is not an uncommon side effect, among several other side effects, when being prescribed most any fluoroquinolones – that includes Cipro/ciprofloxacin, Levaquin/levofloxacin and Avelox/moxifloxacin – and others often prescribed to patients to determine, for example, if a urinary infection is causing a rise in PSA.

Accordingly, I would caution ALL patients, when prescribed any antibiotic, to both ask their physician as well as their pharmacist of the side effects that might occur from the administration of the medication. Please review the following:

<http://www.rxlist.com/levaquin-drug/side-effects-interactions.htm>

<http://www.rxlist.com/cipro-drug/side-effects-interactions.htm>

<http://www.rxlist.com/avelox-drug/side-effects-interactions.htm>

And certainly, to be reviewed and discussed with one's physician is the information in the following two papers. Take the time to read all the comments in the second paper:

<http://articles.mercola.com/sites/articles/archive/2012/10/20/fluoroquinolones-side-effects.aspx>

<http://tinyurl.com/9mod8oh>

It appears that when a patient picks up a prescription of any fluoroquinolones from a pharmacy a warning regarding tendon rupture and other side effects should be provided with the prescription, but the prescribing physician should have also explained the side effects that might be experienced and, if so, at what point does one immediately stop the medication. From information in the foregoing paper, it may already be too late with damage already done that could cause problems in the indefinite future.

### Further Considerations: - What Can Replace Fluoroquinolones?

**Prevention Ahead of Time:** Cranberry products may help prevent UTIs (Urinary Tract Infections), especially those with recurrent infections, indicates a 2012 review of studies. Drinking several glasses of cranberry juice a day appeared to offer more protection than taking cranberry tablets. Researchers think that cranberries help prevent harmful bacteria from attaching and sticking to urinary tract cells.

Guidelines recommend using **nitrofurantoin** as first-line antibiotic treatments for UTIs. Fluoroquinolones (such as ciprofloxacin) are now only recommended when other antibiotics are not appropriate. See: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3104907/> and scroll down to "Conclusion."

Cephalosporin is another medication less toxic than the fluoroquinolones.

### Important To Keep In Mind

Unfortunately, all medications to treat UTIs/cystitis or as a preventative antibiotic have side effects that can be discomfoting for some and dangerous for others. It is IMPORTANT to look up the side effects that may result from any medication to determine as well as whether the medication is contrary to other medications prescribed as well as discuss the side effects described with one's physician BEFORE starting the medication. ALWAYS ask a medication prescribing physician to explain

the side effects that may occur as well as if he/she has checked this medication against other medications and supplements you are already taking.

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