Fluoroquinolones

Commonly used antibiotics
Not recommended for non-life threatening infections
“Black Box” warning
Cipro, Levaquin, Avelox, Noroxin, Floxin
What is a Black Box warning?

• FDA label – strictest warning on prescription drugs
• Used when there is evidence of an association of a strong hazard
• Drug to be used if no other choice of treatment for serious infection
Side effects

• Tendinopathy – tendonitis and rupture
• Some resolve in 2 months
• Symptoms usually come on quickly
• Likelihood of problems
  • 4/100,000 Rx
  • 2.4 / 100,000 Rx-Tendonitis
  • 1.2 / 100,000 Rx-Tendon rupture
  • 3.2% over 60
  • 6.2% if greater than 60 and on steroids
Increased Risk

• Over 60
• On steroids
• Magnesium deficiency
• Transplant patient
• Dialysis
• Collagen disease
• History of rhabdo, neuropathy or statins
• Fracture healing slower
• Fluoroquinolones increase risk of aortic aneurysm and dissecting aneurysm
Gulf War Syndrome
- Chronic Fatigue Syndrome
- Fibromyalgia
- Irritable Bowel Syndrome
- Multiple Chemical Sensitivity
- Hypertension
- Weight Gain
- ALS
- Hearing Loss/Tinnitus
- Fracture Risk

Cipro OSMI
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- Fracture Risk
- Autism Spectrum Condition
Overprescribed antibiotics

Despite numerous warnings of side-effects, US physicians still rely heavily on fluoroquinolones.

In 2014, 5% of prescriptions were given for conditions that no antibiotics should be prescribed for, and 20% for conditions where fluoroquinolones are not the recommended first-line therapy.*

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2011–15: CDC data, adjusted from IQVIA Xponent database
2016: Projections, adjusted from IQVIA Xponent database
Recommendation

• Don’t use these drugs!
• Used for life-threatening infections without an option