



**New Mexico
Pain Management**

*Learn about the horrors of
FLUOROQUINOLONE ANTIBIOTICS
Keep a list in your wallet, purse, or phone
Tell everyone you know*

This should scare you. If you read about these antibiotics, look at the studies and articles below, and watch the Canadian TV documentary, it would be reasonable to be horrified that such damaging medicines are given out so freely, and without explanation of the risks.

Fluoroquinolones are a family of antibiotics that include the following:

- Cipro (ciprofloxacin)
- Levaquin (levofloxacin)
- Avelox (moxifloxacin)
- Factive (gemifloxacin)
- Noroxin (norfloxacin)
- Floxin (ofloxacin)
- NegGram (nalidixic acid)

These are among the most powerful broad-spectrum (kill everything) antibiotics, and they are supposed to be used for only the most serious life-threatening infections, but instead they are used too widely. They may be given in women's urinary infections, even though other antibiotics or even supplements and herbs may be effective. If you are traveling to Africa or Asia a travel doctor or your family doctor may give these to you. They can also be found in some eye drops.

The United States Food and Drug Administration – the FDA – has put “Black Box Warnings” on these antibiotics, years ago warning consumers that fluoroquinolones cause spontaneous complete rupture of tendons, and, more recently, that fluoroquinolones cause [nerve damage](#) called neuropathy. Here is the latest FDA [warning](#) dated 5/12/16. You'd think that this would change standard medical prescribing patterns, and it may have somewhat, but these are still too commonly prescribed.

Taking these particular antibiotics can weaken and loosen ligaments throughout your body. This resultant widespread tissue damage is permanent, potentially making some joints in your body unstable to one extent or another. Many patients don't notice new joint pain right away, but in time the loosening of joints leads to gradually increasing damage of parts inside the joint.

In some patients' cases, we can trace their joint damage to times of taking these antibiotics. [Click here for one such case](#). In this case, a heavier amount of Cipro and Levaquin were taken, and the patient suffered spontaneous ruptures of one Achilles' tendon and rotator cuff tendons in both shoulders. What is often missed in the medical literature is that folks like these also have weakening of many other areas of ligament, tendon, cartilage, muscle, and nerve, setting them up for broad chronic pain. While the above link tells one very dramatic story, understand that we also see some lesser damage in patients who only took Cipro or Levaquin very briefly.

Click [here](#) to read the abstract of a 2011 review article, in a peer reviewed journal, regarding musculoskeletal damage from fluoroquinolone antibiotics. Healthcare professionals may want to purchase the full text and study this well written review article.

Click [here](https://nmpm.com/bitter-pill-video-popup/) <https://nmpm.com/bitter-pill-video-popup/> to watch this 14 minute documentary from Canadian TV called "Bitter Pill: The Dangerous Side Effects of Fluoridated Antibiotics". Go to Dr. Joseph Mercola's website to read his great [article](https://articles.mercola.com/sites/articles/archive/2014/11/01/fluoroquinolone-antibiotic-side-effects.aspx) <https://articles.mercola.com/sites/articles/archive/2014/11/01/fluoroquinolone-antibiotic-side-effects.aspx> on the topic.