



ENT

Associates

Making sense of your family's
hearing, sinus and throat problems

Multi-Strain Probiotic Use

If you have been prescribed an antibiotic, we recommend you also take a probiotic to reduce the chance of experiencing a yeast infection or diarrhea. Research supports that a Multi-Strain Probiotic also has been found to reduce the colonization of Staph and Step of the upper nasal airway, helping to reduce the severity of Upper Respiratory Tract infections, and sometimes even avoiding them. Based on these findings, its use is also recommended in the event of a sinus infection WITHOUT the use of antibiotics.

- ◆ We DO NOT recommend the use of these probiotics if you are immunocompromised, have heart valve disease or have had a valve replacement, have Short Gut Syndrome, IBS, or if you are pregnant.
- ◆ Use the Multi-Strain Probiotic for 6 months past the illness. We recommend products that contain Lactobacillus GG, Bifidobacterium species, and Lactobacillus acidophilus, however, not exclusively. Some choices include Lifeways KEFIR, a yogurt drink which is 99% lactose free. This can be found in grocery stores. An alternative are capsules such as VSL#3 (available on line) if you prefer this form. Be assured that we do not have any relationship with these manufacturers.
- ◆ It is also advised to supplement your diet every day with either yogurt with active cultures like "Activia."
- ◆ Please note that antibiotics MAY render oral birth control ("the pill") ineffective. Please use alternative birth control methods while taking any antibiotics, or consult with your OB/GYN physician.
- ◆ Your antibiotic could also increase your skin's sensitivity to the sun. Avoid prolonged sun exposure (15 minutes maximum), and be sure to use an SPF 30 or above.

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