

## Hospital acquired infection

There is an increasing problem with hospital acquired infection in these days and times. As of 2002 it is estimated that 786,000 infections a year result from hospital stays. Of all surgeries performed 2.3 percent result in infection, and colorectal surgery is as high as 11.3 percent. While it is estimated that approximately 40 to 60 percent of these infections can be prevented through proper surgical preparation and procedure it nonetheless is a staggering epidemic.

The problem with these acquired infections is that the nature of the bacteria is so resistant to antibiotics that it is often unsure as to whether drugs have the ability to control the infection. These germs are becoming more and more resilient due to repeated application of antibiotics and drugs that actually cause the bacteria to gain strength. For this reason the strongest bacteria in the world are found in the hospital settings, and thus the hospital becomes a dangerous place to be, especially for the compromised immune system.

While antibiotics struggle and strain, and oftentimes fail to address the virility of these hospital acquired infections (super germs), the healthy immune system may still provide control. Eventually the immune system can be up-regulated to the point where it can identify and figure out the structure of the super germs, and then the infection begins to resolve. Indeed it is becoming important to prepare the immune system for a hospital stay and to assist it in recovering from hospitalization. It is more and more obvious that modern drug medicine can be assisted by complementary holistic approaches including nutrition and herbs so that the immune system may be bolstered in its ability to prevent and control exposure to these germs.

If infection does occur in it is essential to immediately begin supporting immune cell production, while at the same time utilizing modern medical therapy (antibiotics). Many people undergo multiple rounds of antibiotics before they begin to employ other methods of strengthening the immune system. This is a mistake and is sometimes fatal. If an individual acquires a hospital acquired super germ infection it is essential that all manner of support be provided as soon as possible. Indeed the application of new antibiotics is sometimes seriously immune depressing while at the same time toxic to the body.

It is possible to overcome hospital acquired infection and ultimately you must encourage the immune system to be capable of identifying and reducing the super germs.