

# MRSA Infection

Each person has specific toxic exposures along with dietary and genetic weaknesses that are causing their symptoms. Toxic exposures can be inorganic like heavy metals, DDT, VOC's, Radio-active waste and any other chemical like food additives or pesticides and fertilizers sprayed on the foods. They can also be organic or living organisms like parasites, bacteria, viruses, or fungi. All the different possible combinations make it difficult to accurately address issues unless you have experienced medical professionals mapping through all your different clinical symptoms.

Dr. Marilyn Tucker founded The Vibrant Health Community to do Symptom Mapping to be able to bring a completely personalized plan for each person. When you join the Vibrant Health Community you have your own medical team of doctor, pharmacist and health coach. This Team specializes in Integrative-Complementary Medicine. They will work with your personal physician to bring you to a place of as much natural healing as your body will allow. For those of you that have health issues that require prescription medications, your Team can help introduce natural measures that can reduce the imbalances and complications that inevitably come with prescription medication. This can reduce side effects and possible additional drugs having to be introduced.

## Definition

MRSA infection is an infection with a strain of *Staphylococcus aureus* bacteria that is resistant to antibiotics known as beta-lactams. These antibiotics include methicillin, amoxicillin, and penicillin.

## Alternative Names

Methicillin-resistant *Staphylococcus aureus*; Community-acquired MRSA (CA-MRSA); Hospital-acquired MRSA (HA-MRSA)

## Causes, incidence, and risk factors

*Staphylococcus aureus* ("staph") are common bacteria that normally live on the skin. The bacteria also live harmlessly in the nasal passages of roughly 30% of the U.S. population. Staph can cause infection when they enter the skin through a cut or sore. Infection can also occur when the bacteria move inside of the body through a catheter or breathing tube. The infection can be minor and local (for example, a pimple), or more serious.

Most staph infections occur in people with weak immune systems, usually patients in hospitals and long-term care facilities. MRSA infections in hospitalized patients are known as healthcare-associated MRSA (HA-MRSA). People who have been hospitalized or had surgery within the past year are at high risk for HA-MRSA. People receiving certain treatments, such as dialysis, are also at high risk. MRSA bacteria account for a large percentage of hospital-acquired staph infections.

Over the past several years, MRSA infections in people not considered high-risk have increased. These infections, known as community-associated MRSA (CA-MRSA), occur in otherwise healthy people who have no history of hospitalization in the last year. Many such infections have occurred among athletes who share equipment or personal items (such as towels or razors) and children in daycare facilities.

## Symptoms

Staph skin infections normally cause a red, swollen, and painful area on the skin. Other symptoms may include:

- A skin abscess
- Drainage of pus or other fluids from the site
- Fever
- Warmth around the infected area

Symptoms of a more serious staph infection may include:

- Rash
- Shortness of breath
- Fever
- Chills
- Chest pain
- Fatigue
- Muscle aches
- Malaise (general feeling of illness)
- Headache

## Expectations (prognosis)

Outcome varies with the severity of the infection, and the general condition of the person who has the infection. MRSA pneumonia and blood poisoning have high death rates.

## Complications

Serious staph infections may include:

- Cellulitis
- Endocarditis
- Toxic shock syndrome
- Pneumonia
- Blood poisoning

Organ failure and death may result from untreated MRSA infections.

## Calling your health care provider

Call your healthcare provider if a wound seems to get worse rather than heal, or if any other symptoms of staph infection are present.

## Prevention

Careful attention to personal hygiene is the key to avoiding MRSA infections. Wash your hands frequently, especially if visiting someone in a hospital or long-term care facility. Do not share personal items such as towels or razors with another person -- MRSA can be transmitted through contaminated items. Cover all wounds with a clean bandage, and avoid contact with other people's soiled bandages. If you share sporting equipment, clean it first with antiseptic solution.

## References

Braunwald E, Fauci AS, Kasper DL, et al., eds. Hyponatremia. In Harrison's Principles of Internal Medicine. 15th ed. New York, NY: McGraw-Hill; 2001:896-99.

Siegel JD, Rhinehart E, Jackson M, Chiarello L; Healthcare Infection Control Practices Advisory Committee. Management of multi-drug resistant organisms in healthcare settings, 2006. US Centers for Disease Control and Prevention.