



Hydration[®]

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Defeating Diarrhea and Dehydration from Antibiotic Therapy or *C. Difficile*

Antibiotic Therapies

Diarrhea is a well-known complication of antibiotic therapy. Rates of antibiotic-associated diarrhea (AAD) vary from 5 to 25%. Some antibiotics are more likely to cause diarrhea than others, specifically, those that are broad spectrum and those that target anaerobic flora.

C. Difficile

Clostridium difficile, often called *C. difficile* or "*C. diff*," is a bacterium that can cause symptoms ranging from diarrhea

to life-threatening inflammation of the colon. Illness from *C. difficile* most commonly affects older adults in hospitals or in long term care facilities and typically occurs after use of antibiotic medications.

In recent years, *C. difficile* infections have become more frequent, more severe and more difficult to treat. Each year, tens of thousands of people in the United States get sick from *C. difficile*, including some otherwise healthy people who aren't hospitalized or taking antibiotics.

continued on next page



The Benefits of Rice-based Oral Rehydration Therapy

- ▶ Cost effective (IV vs. Oral)
- ▶ Lack of complications
- ▶ Lack of pain
- ▶ Provides calories from complex carbohydrates
- ▶ Less worry when mixing because rice-based ORS has a lower osmolarity than glucose-based ORS
- ▶ Lower osmolarity also means better absorption
- ▶ Always works as well as glucose-based ORS and is even more effective in severe cases of dehydration
- ▶ Sustained hydration (larger molecule, more substrate)
- ▶ Tastes better

"Often older people are on medications such as diuretics that can aggravate dehydration. In such cases the first step is to decrease or discontinue such meds. Often salt wasting kidney disease can cause these symptoms and CeraLyte is an ideal replacement for such salt and water losses."

William Greenough, III, MD, FACP
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Defeating Diarrhea *continued from page 1*

The most common symptoms of mild to moderate *C. difficile* disease are:

- ▶ Watery diarrhea three or more times a day for two or more days
- ▶ Mild abdominal cramping and tenderness

Oral Rehydration Revives

CeraLyte reduces diarrhea and vomiting while it hydrates the patient. It is effective for children and adults, and even “decreases fluid loss in the most severe forms of diarrhea,” according to Dr. David Sack of Johns Hopkins University, who explains that studies show “that cholera patients have one-third less diarrheal output and one less day of illness when they take a cereal-based ORS such as CeraLyte.”

Why CeraLyte for Rehydration?

“All Cera’s hydration products are unique because of our patented long-chain carbohydrate formula that speeds absorption of valuable electrolytes, salts and minerals that match the body’s natural composition, by up to 20 to 30 percent,” adds Charlene Riikonen, CEO of Cera Products. “This rice-based ORS, with its variety of short, medium and long chain lengths, maximizes absorption of salts and water, reducing diarrheal volume losses,” noting a study comparing CeraLyte with WHO ORS, published in *Acta Paediatrica* 2001, “and other studies since then show that CeraLyte is always as effective as glucose ORS, and often more effective, especially in the most severe cases of diarrhea.” ■

References:

<http://www.mayoclinic.com/health/c-difficile/DS00736>

Administration of CeraLyte ORS (Oral Rehydration Solution)

- ▶ CeraLyte ORS is recommended for minimal or no dehydration, mild dehydration and moderate dehydration.
- ▶ CeraLyte ORS with 70mEq/L sodium can be used for both rehydration and maintenance in nearly all patients, even those who present with hypo- or hypernatremia.¹⁴
- ▶ CeraLyte ORS with 90mEq/L of sodium is recommended for patients with severe watery diarrhea.
- ▶ Vomiting does not rule out using ORS; very small amounts of liquid can be given frequently (5-10ml every 1-2 minutes).
- ▶ Oral rehydration is contraindicated when there is impaired consciousness, intestinal obstruction, or shock.
- ▶ Recommended foods with the administration of ORS include; cereal, potatoes, crackers, yogurt, and bananas.
- ▶ AVOID foods high in sugar and fat with the administration of ORS.

