

# I'm a resistance fighter™

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## Combating antimicrobial resistance (AMR)

**Education and alternatives are essential to fighting AMR.** While teaching family medicine residents, I found that few are aware of the frequency and severity of the direct harms caused to patients by antibiotics. I co-wrote a paper published in *Canadian Family Physician* to help educate family physicians about AMR and steps they can take to help prevent it. I also teach family medicine residents about alternate strategies and alternate medicines that can help relieve symptoms without having to prescribe antibiotics. Providing physicians, patients and parents with alternative treatments is essential to my work as a resistance fighter. **Because all of us need to be resistance fighters.**

Learn more at [AntimicrobialResistanceFighters.org](https://AntimicrobialResistanceFighters.org)