



## Reading Lesson 7: Multiple choice

### Antibiotic-Resistant Bacteria and How We Can Fight Back

For years we've been using antibiotics to clean wounds, cure diseases, and keep ourselves clean. Antibiotics such as Penicillin have had widespread use around the globe since their inception, and with great success. But recently some strains of bacteria are becoming harder and harder to kill with traditional antibiotics.

Bacteria such as staphylococcus aureus and neisseria gonorrhoeae are now almost completely resistant to benzyl penicillin, an antibiotic that used to be used effectively against them. The reason these bacteria are developing a resistance to these antibiotics is because of evolutionary pressure. With the popularity and common use of antibiotics on the rise in recent years, bacteria have been exposed to antibiotics more frequently than before. Because of this, we are forcing them to adapt and form a resistance. By killing all the unresistant bacteria, if even one bacterium survives due to a mutation that allows it to resist the antibiotic, it will multiply and the coming generations gradually become stronger and more resistant.

Although there are still ways to kill antibiotic-resistant bacteria, treatments such as the use of bacteriophages are still very new and untested. But there are ways that you can fight antibiotic-resistant bacteria and preserve the potency of antibiotics. Keep yourself healthy and clean, good hygiene can prevent infections that lead to the use of antibiotics, and a healthy immune system can help you fend off antibiotic-resistant bacteria if you ever need to. Try to reduce your use of antibiotics and don't ask for antibiotics when you don't need them. The overuse of antibiotics will only help bacteria develop a resistance in the long run.

Last, but not least, properly vaccinate yourself if you haven't already. Antibiotic-resistant bacteria are resistant to drugs, but we can be resistant to them. If we stay properly vaccinated, bacteria won't have a chance at spreading. So remember that antibiotic-resistant bacteria are out there, and there are things you can do to fight them.



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Choose the correct letter A, B, C or D

1. Until recently the use of penicillin as a treatment has been
  - a. ineffective.
  - b. unclear.
  - c. effective.
  - d. controversial.
  
2. Some bacteria such as staphylococcus aureus are now
  - a. effectively treated by benzyl penicillin.
  - b. usually immune to benzyl penicillin.
  - c. usually treated with a combination of different antibiotics.
  - d. untreatable.
  
3. People can protect themselves from bacteria-resistant antibiotics by
  - a. taking antibiotics regularly.
  - b. taking extra antibiotics for viral infections and colds.
  - c. asking doctors to prescribe antibiotics whenever they feel ill.
  - d. cutting down on their use of antibiotics.



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