

I took a fluoroquinolone product for 2 weeks in the early 1980s. Shortly afterward, playing volleyball, my Achilles tendon ruptured. About 4 months later, there were many articles about this possible side effect and a discussion of possibly stopping their production. What happened? Did everyone simply forget? Does the FDA just not know what they are doing or are the payoffs just too good? Somebody is not telling the whole story here.

Posted by: Ed | July 08, 2008 at 06:14 PM

I am so happy to hear this. Two years ago I was given Cipro in the Emergency room when the Dr's could not identify my illness (fever, chills, etc). The drug seemed to help those symptoms within 1-2 days. They only had me take it for five days, but by morning five I was in extreme pain all over. Day 6 it was too painful to walk. I ended up back into the emergency room and was followed by many specialists that ran thousands of dollars in tests to only tell me that they felt like the Cipro had damaged my tendons. I was told that some people get better within a few weeks, some 6 months to a year and some never do. I was devastated. I still have many problems with the pain but do believe that someday I will be better. I am glad that people will at least know of the side effect and have the opportunity to understand the drug.

Posted by: Patti | July 08, 2008 at 10:12 PM

I would suggest that Bryan educate him or herself before belittling others. The fluoroquinolones are a known toxic chemotherapeutic agents that have been crippling patients for almost forty years now. The FDA has failed miserably in providing adequate warnings for this class. Tendon ruptures is the least of the patient's concerns. More than half of these drugs have been removed from clinical practice due to severe toxicity issues including fatalities. Irreversible peripheral neuropathy is yet another ignored side effect. Bryan should read the more than 4000 medical journal entries, case reports, newspaper articles, etc., to be found at www.fqresearch.org that clearly documents how dangerous these drugs are. This black box warning does little to nothing to bring to the patient's attention that they risk being crippled for life after using this class. Perhaps if he or she had suffered these effects themselves they would understand what a miserable life those who suffer these reactions are doomed to live. It has NOTHING to do with a 'mindset' and everything to do with physical trauma caused by these drugs.

Posted by: david t fuller | July 09, 2008 at 06:37 AM

i took cipro , at least 10 times, for a month at a time. it was prescribed for a prostate enlargement. i now have tremendous back and groin pain. it now makes sense why i have been suffering so much.

Posted by: ron smith | July 09, 2008 at 07:00 AM

I agree wholeheartedly with Mr. Fuller. After taking a week's worth of Cipro after a routine procedure in 2006, I have developed a 'constellation' of permanent side effects, both physical and psychological, none of which have been treatable with any therapy or drug to date. Weakness in my muscles, tendonitis, slowly deteriorating bones, chronic fatigue and tinnitus are the least of my problems. After seeing dozens of doctors, they all haven't got a clue, or maintain that I am just non responsive to therapy. Yet, if people

ever looked at the raw medline reports and other anecdotal evidence published, they would see that for some people, rarely as it may occur, that Cipro is far worse of a poison than the minor infection they had. I have been 'ill' with these side effects for over 2 years. Let the FDA or the makers of Cipro explain that.

Posted by: Deathby Cipro | July 09, 2008 at 07:34 AM

My freshman year of college, I took Cipro for an infection and tore both of my Achilles tendons! When it happened, I was immediately taken off of the drug by my physician, but it still did a lot of damage. I was so thrilled to hear about the black box warning now!

Posted by: Allison | July 09, 2008 at 09:27 AM

I had been on Cipro 3 times in one year when both ACL's detached from the bone attachments from an unseemingly simple twist.

Posted by: KM | July 09, 2008 at 10:37 AM

I also agree with Mr. Fuller. Medicines like Cipro and Levaquin shouldn't be prescribed except in life or death cases when everything else fails. I wonder why other adverse reactions weren't listed such as suicidal thoughts or acts, involuntary muscle movements, gastrointestinal bleeding, depression, headaches, migraines, insomnia, vivid nightmares, anxiety, panic attacks, back pain, joint stiffness, edema (horrible swelling) of face, neck or lips, peripheral neuropathy, rash that looks like ant bite sores around the ankles, rash that appears in patches over the body with bigger sores with a dark center, etc. I wonder why it appears that people 60 or over seem to be the most likely candidates for tendon ruptures? Every person I have communicated to who had ruptures after taking a quinolone were between the ages of 20's-50's. None of them mentioned having any type of transplant. Some of them did take corticosteroid drugs, some didn't. It doesn't do any good to stop taking the drug if you already took it and 11 months later your tendons start to rupture. How does stop taking it help then? The damage is already done.

Posted by: Connie | July 09, 2008 at 11:01 AM

I took only 3 doses of Cipro and it caused bilateral Achilles tendinitis and bilateral tendinitis in both of my wrists. This has taken so far 9 months to get better and still not completely healed... I was a very healthy athletic 23 year old and got injured by this drug. My doctor said I would heal in 3 weeks! but it never happened.

But that isn't to mention the other things it caused me like Peripheral neuropathy, chronic insomnia, muscle pains, dryness everywhere, spider veins all over my body and so on. I had up to 50 symptoms but now am just left with about 3... In time the body can heal, but NEVER take these drugs if you really don't have to!

I think I might be lucky and carry on leading a normal life again soon. Many are not lucky but can never work or do any activities again since taking quinolones.

Posted by: Matthew Lake | July 09, 2008 at 12:07 PM

The FDA warning is not only inadequate, but it is just plain wrong.

Quinolones such as Cipro do not increase the risk of tendinitis and tendon rupture. These agents CAUSE these injuries directly by activating enzymes that destroy the connective tissue within tendons and ligaments throughout the body.

Anyone exercising truly informed consent would refuse these drugs except in absolute life or death situations where every other antibiotic had previously failed.

Posted by: BD | July 09, 2008 at 01:46 PM

I took Levaquin after becoming ill while living out of the country. In just one moment, I went from a healthy 26-year-old that was realizing my dream and beginning a fulfilling career to someone that I can no longer recognize. I have suffered peripheral neuropathy, heart damage, collagen damage, never ending muscle pain, and tendonitis in all of the major tendons of my body, and this only represents a fraction of the side effects that I have experienced. I have lost everything and I am completely disabled. I urge those that claim that these drugs side effects are rare or harmless to do the research and inform themselves. I never have suffered an adverse effect from other medications. These "antibiotics" are not safe under any circumstance and have the potential for long lasting harm and that is not acceptable. In clinical trials for these medications, many side effects were not reported and claims of severe symptoms were often discredited by pharmaceutical company-funded researchers because it was not what they wanted to see. It is an unbelievable crime against the population and I am glad that a glimmer of the truth is being shown. I took my health seriously but I foolishly trusted in the system. Doctors are not infallible. I am glad that a black box warning is now being placed on these medications and hope that many will heed their warning so as not to suffer as I have.

Posted by: GC | July 09, 2008 at 07:37 PM

I was assured by my Dr. that Cipro is completely safe when he wrote me a script for a suspected UTI 2 years ago. I took it as directed for the 10 days and on the last day it felt like my whole body started to fall apart. I have severe insomnia, nerve pain in my feet and legs. Joint pain in knees, hips and shoulders and all kinds of CNS problems. I had none of these problems and was a healthy and happy 51 y/o male until I took Cipro 2 years ago. My life has been destroyed along with my health and finances by this drug Cipro. I have been to at least 6 different Dr's and none will admit that Cipro could be responsible for all my ailments. This has been a living nightmare for 2 yrs, with no end in sight yet. I don't feel like I'm improving at all. I wonder what the internal damages are from Cipro and if I will even live much longer now.

This class of abx is a lot more toxic and harmful than the makers and Dr's are telling us. The FDA has not done their job of making sure these drugs are safe.

The percentage of severe ADR's is much higher than what they are telling us.

Posted by: Gary Boyles | July 09, 2008 at 09:05 PM

It would have been nice for the FDA not to have taken 2 years to come to this conclusion.

Perhaps I could have avoided the 6 months of joint pain & neuropathy I've been in since I stopped taking Levaquin.

It's pretty amazing how many people have been affected by these drugs and just how long it took for this to get recognized, just look at the comments here.

Posted by: Martin | July 09, 2008 at 09:36 PM

My adult daughter was given Cipro for pinkeye. After a few days she started bleeding from her rectum. I brought her to the hospital where she was admitted. The doctor ran numerous tests and continued the Cipro along with IV potassium of which she was dangerously low. After each pill of Cipro, my daughter told the nurse she felt like her blood was on fire. She developed a rash on her back which the doctor said was heat rash. When she started screaming that she didn't want to take the Cipro any longer because she felt it was causing the fire sensation the doctor and nurse said she was having panic attacks. They gave her anxiety medicine and the Cipro again. The rash then broke out on her stomach which proved it wasn't heat rash from laying down so long in the bed. I demanded that she be given Benedryl to see if the Cipro was causing the fire sensation. The Benedryl worked. Four hours later the nurse came back with the next dose of Cipro. My daughter refused it. The nurse was angry and scolded her. My daughters pulse for those few days was dangerously low. This was 5 years ago. My daughter has had fibromyalgia since that time. The pain is so severe that she has to be on Oxycodone 10mg, and 50 mg Duragesic patches every day. She KNEW she had an allergic reaction to the Cipro and she insists the fibromyalgia was caused by it. She is completely disabled and spends most of the day in bed. This drug has ruined her life.

Posted by: DH | July 09, 2008 at 10:32 PM

I don't understand where the Hippocratic oath went? The scientists and doctors that are developing and prescribing the quinolones aren't following the oath, obviously. How can someone of obvious intelligence (graduated medical or pharmaceutical school) ignore the real statistics? How can they continue to give out quinolones unnecessarily. Other antibiotics work just as well on numerous infections. Less dangerous antibiotics.

MRSA for example is resistance to quinolones, the antibiotic of choice is Bactrim (Trimeth/Sulfa).

Physicians need to look at their hospital's antibiograms and prescribe the least toxic and least expensive antibiotic that is effective. Please quit letting pharmaceutical kick backs and ego stroking by them keep you from doing what is best for your patients.

The pharmaceutical companies are out to make money, doctors are supposed to be about healing, all this damage can stop with the pen strokes that physicians apply to their prescription pads.

The medical community needs to take it's intelligence and use it with some common sense and sense of decency and accountability for the patients they serve. Quit writing prescriptions for quinolones, using quinolones routinely in the surgery suite when there are other drugs that are just as effective.

If other antibiotics are not working and it is a matter of life or death for the patient, maybe quinolones would be a last resort answer, but only in those instances. You wouldn't give Vancomycin routinely, it is only used as a last resort, quinolones are also toxic and should be treated as such.

I am a part of this community and advocate diligently against the routine use of quinolones, I am

accountable for my part in a patient's care and take it very seriously. I would never unnecessarily put anyone in harm's way and I haven't taken an oath not to do so. My conscience takes care of that. Even if I wasn't one of the multitude of sufferers that have had their lives changed forever due to the quinolones I could not in good conscience ignore the damage quinolones are doing. Because I am a part of the medical community I do my best to inform the medical staff at my facility of the dangers of quinolones, I recommend safe alternatives by referencing an antibiogram. It's not that difficult to step up and do what's right. Physicians please join me and make your pen strokes honor your oath.

Posted by: Leslea | July 10, 2008 at 04:29 AM

I agree with David Fuller. Cipro has turned me into a literal invalid. I was given it several times over a 5 year period for UTIs. I have had close to 30 symptoms over the years. Not one health practitioner and that includes holistic health practitioners such as chiropractors, acupuncturists, etc even mentioned that my problems might be due to Cipro. In fact, they considered me to be a mental case for even suggesting it. Leaving this dangerous class of drugs on the market is both deceiving and immoral. When will we learn that profits aren't all that count? The problems with these drugs have been known for years. Why do physicians pass out "free samples" like candy? Do they somehow benefit from this too?

Posted by: Lynne | July 10, 2008 at 05:40 AM

In late 2001, at forty years of age, I was prescribed Cipro as a possible treatment for irritable bowel syndrome, a less than serious condition. Shortly after taking the drug, I had experienced (and am progressively still suffering from) the following: Profound unilateral hearing loss and tinnitus (diagnosed as a perilymphatic fistula), severe peripheral neuropathy, chronic tendon pain (tendonitis), muscle wasting, pain and spasms. To this day, I find that I am having increasing difficulty walking, and am concerned that I will soon be completely disabled due to the progression of these conditions.

I was never warned about these apparently prevalent, permanent and debilitating side effects prior to taking Cipro. If I were, I would have NEVER considered taking it.

I don't believe that this drug should be administered in anything less than a life-threatening situation, and should be marketed as such. Apparently, people continue to be seriously injured unnecessarily as a result of taking this drug, in situations where safer antibiotics might have been used. The general public (as well as most doctors) seem to be completely ignorant as to the high incidence of debilitating adverse effects that this drug continues to inflict on unwitting recipients. In my opinion, this class of drug poses an unprecedented risk to public health and safety. This insanity must end, now!

Posted by: Andrew Moon | July 10, 2008 at 09:05 PM

posted by Debra Costas on 20 Sept 2005 at 3:58 pm

Several months ago I had a bad viral flu. A doctor prescribed Levaquin which I took 3 doses of. I totally and completely lost my sense of taste and smell. I have regained my sense of taste but my

sense of smell is severely impaired. I am fortunate that I only had this minor side effect as others have had horrific experiences. **DO NOT TAKE THIS MEDICATION, it isn't safe!**

*posted by **Paula Moran** on 04 Jan 2006 at 1:05 pm*

In early March 2004, I caught a cold and had a sore throat. My husband, who has advanced Parkinson's Disease, urged me to go to my doctor. Her PA, with the approval of the MD, prescribed Levaquin plus two other medications which I reacted to immediately and stopped. I took the Levaquin and a few days later broke out in a rash all over my body. My tendons began to ache, my right eyelid drooped. I fainted in the bathroom from the intense pain in my thighs. When I came to, I had a bump on the back of my head and had to crawl to bed. I could not stand up. An hour had passed. Unable to call for help and dismissed it thinking it would go away. After the 7th pill I realized that I was extremely ill, my pulse was racing, so I went back to my doctor. Another PA said it could not be from the Levaquin and told me to stop the lipitor, which I already had stopped taking, as that also was one of the side effects of medication - shin splints. But the pain didn't stop. Back to the MD, Another PA saw me and my blood pressure was too high and racing pulse. In my weakened condition, I was sent to the ER at St. Agnes Hospital. I told them that I was reacting to Levaquin and needed some benadryl. They ignored me and would not read the read-out from the druggist (who assured me it was a safe drug) listing all the side effects of which I had so many. I was there from 4:30 to 10:30 pm, had no water to drink, my throat was closing up, hard to swallow even water, so after \$4,000 worth of tests they said, "We think you are right -" I said, "I may be an old lady (78) but you don't have to be a rocket scientist to know what the matter is with me" I drove home to a frantic husband who was being cared for by friends and family. To this date, 1-4-06, I still suffer from an occasional cramp in my hands while holding a newspaper, midsection cramps if I turn too fast, and cramps if I lift my thigh. My eyesight has been damaged and I wonder if this will be a permanent damage to my entire body. I am an active 79 woman who goes to an exercise class three times a week, and a Tai Chi class, plus a Bible Study class each week. I have a lady who comes in to look after my husband 2 hours five times a week so that I am able to keep active. I do all my own cooking, cleaning, see to my husband's needs such as shaving, showering and Barbering!!! I am not complaining. I thank My Heavenly Father for keeping me alive to take care of my husband who loves and appreciates all that I do and that I do it lovingly. This is to help warn people of this terrible drug. I lost 30 lbs in one month and lived on chicken soup and soft-boiled eggs. Could not swallow without pain. A college president in Fresno, my city, died as a result of an anti-biotic. I have since changed doctors and druggists and hospitals. God bless all you Levaquin survivors and my deepest sympathy to the families of those who did not make it.

Sincerely, Paula Moran@netscape.com

[Beware of Levaquin Side Effects - Is This Permanent?](#)

*posted by **A.M. Zank** on 12 Apr 2006 at 11:00 pm*

I was treated with 2 (10 day) rounds of Levaquin for a resistant sinus, ear, bronchial infection. I had tried three others and I'm allergic to sulfa and penicillin, so when the previous antibiotic didn't work my Dr. said, "let's take out the big guns!"

He prescribed me 10 days of Levaquin with one refill (depending if it went away after 10 days or not) and 1 week of prednisone at the same time. I asked if I could continue with my other medications, which included guaifenesin, sudafed, Flonase, Flovent, albuterol, vicodin, effexor, tramadol, birth control, daypro and verapamil.

Out of all the medications the only one he said not to take was the sudafed because with the

prednisone it would make me nervous and shaky. Since then, I have found out Levaquin can have adverse reactions with Steroids(Prednisone), NSAIDS(Daypro), some asthma medications(flovent,flonase). I also believe I have read not to take it with narcotics (Vicodin) and some antidepressants (Effexor).

I feel my Dr. and others are totally misinformed about this medication. Esp. about what meds they can prescribe with it and the potential for severe side effects (including death.) The drug manufacturer does not want to bring up the severe reactions that people have had since this medication's release because Dr.s wouldn't prescribe it so freely. So it is being ignored. When I called the Dr. who prescribed it for me he said he had never heard of that happening from Levaquin and to stop taking it. Unfortunately, the damage was already done, I had already taken the 20 days before I figured out what was wrong with me. I asked, " what am I supposed to do about my problems?" he told me to see my primary physician since he was a Ear, Nose, Throat Dr. I made my appt. with my Dr. he said he didn't think it was the medication and that I was probably having a Fibromyalgia flare. He then prescribed me Morphine for Fibromyalgia pain. I asked the pharmacist if he ever heard of anyone having severe side effects from Levaquin and he said "Oh yes!" Finally I found someone who knew what I was talking about so I started searching the web. Wow what a scary education.

I still have symptoms and pain even though I am taking morphine and using lidocaine patches. I have also been off the Levaquin for a month now. Some symptoms are severe knee pain and stiffness(I believe I have a ruptured tendon in my knee or a torn ligament - not sure what kind of Dr. to go to.), pain and stiffness in my ankles and heels and feet, burning feet, it is very painful to walk or make it up stairs, all parts of my body are swollen(i gained 15lbs in 21 days?), my stomach looks pregnant, severe fatigue all day, insomnia, hallucinations(I see things moving in the corner of my eye, like a mouse running by), weakness in all muscles, confusion loss of short term memory, depth perception problems, dizziness, change in taste of foods, loss of appetite(and weight gain?), burning neuropathic pain in my thighs, sometimes burning just from the wind blowing on my skin and I'm sure there are several more but I can't think of them because of memory loss.

My purpose of writing this is to warn people of this medication. Searching the web I see lawyers are trying to get a class action lawsuit against the manufacturer and are trying to get it off the market.

Also, wondering if anyone has gone through this and if the symptoms ever go away and if there is a way to treat it. Some people have recommended cleanses for the body. I am going through a whole body cleanse, liver cleanse and a candida cleanse right now. I guess I will see how I feel when I'm finished with them. I am "gun shy" of prescription medications right now. Trying to stick to natural cures.

Thank you for taking the time to read this. BEWARE OF LEVAQUIN-tell your family and friends!!!
For those of you suffering my prayers go out for you.

LEVAQUIN💎 - 3 days and NEVER again

posted by **Bridget** on 07 May 2006 at 10:17 am

I took this drug for three days. The first two nights were miserable. I could not sleep and I felt hopeless. I felt like I wanted to give up on life and that I was TOTALLY on the verge of going over the edge and losing my mind. I am a Christian and put my Faith in God and he has always helped me. With this medicine I almost felt powerless. I did not take it one night by accident and I felt great. I slept all night long. I took it two night and skipped one then took it again. That was last night and I felt horrible I could not sleep and felt insane. My mom had mentioned if it was the antibiotic and I

thought surely not an antibiotic. I was up at 3 am and decided to investigate on the internet and read horrible things. I know I wasn't going crazy and it was indeed the medicine. This is poison! NEVER ever take it anyone!

Levaquin Hurts!!

posted by **Jeanne** on 19 May 2006 at 2:31 pm

I began a two week prescription in January. At the end of the first week I was experiencing severe pain in my elbow and forearm. It is now mid May and the pain has grown to include my wrist and the back of my hand. I feel a considerable weakness and general diminished usage after taking this drug for a short period of time.

Be warned about Levaquin

posted by **karen holbein** on 27 May 2006 at 3:34 am

I took Levaquin for three weeks. I thought all of this pain was from my bout of bronchitis and sinus infection. I was to take it for two more weeks. Numerous calls to my Dr. about my suffering. trip to E.R. when I could barely walk. I love my Dr. and feel he is very competent. I feel he has not been properly informed of the side effects of Levaquin.

The drug co. says tendon and muscle pain is unusual when in fact from my research it is a common and debilitating side effect. This drug needs to be re-evaluated by the FDA. In fact, I doubt it was ever properly evaluated for safety in the beginning. This is a serious issue and the safe use of this drug is a public issue.

The health of USA citizens is in question. The FDA has failed to protect us and a drug co. is prospering by the sale of a very toxic drug. Misleading and not being properly informed of a drugs' side effects as lethal as these is a crime. Someone needs to be held accountable for all of this suffering. Not Doctors, they suffer enough from lawsuits, they are victims of the drug industry as well as their patients are. Most Drs. mean well, they are as mislead as their patients are. I say this from experience as I am an R.N. I hate law suits but in this case I feel immediate and serious action needs to be taken not for my personal gain but for public safety. At this time I can barely walk and it is impossible to wash my back. I could list numerous symptoms but if you read the previous letters I basically suffer all of the reported symptoms of others. I will add severe chills to the list. I was given IV Dilaudid and Toridal in the ER when my pain was had worm me down. Be aware also that the thoracic diaphragm can be inflamed and cause breathing to be an effort. Toridal (antinflammatory) was very helpful, check it out. God Bless and heal your suffering. .

Levaquin 750

posted by **D'Lynn** on 06 Jun 2006 at 9:26 pm

I took Levaquin 750 and on the 6th day stopped taking it out of desperation. I had severe insomnia and the strong feeling I was going crazy. I had bouts of screaming and crying and my muscles in my upper back hurt terribly. Also suffered from sweating and uncontrollable shaking. BAD, BAD STUFF!!!

Sore Achilles Tendons

posted by **Pete** on 08 Jun 2006 at 5:13 pm

Took 500 Mg a day for 14 days back in January 2006. Have had sore Achilles tendons ever since. When I get up in the morning they feel like they are going to rip. Doctor says I have acute tendonitis in both. Only found out today by chance hearing a lawyer commercial on TV about the side effects. Does anyone know about a class action?

Unsafe at any dose

posted by **mr. david t. fuller** on 09 Jun 2006 at 5:52 am

"In fact, I doubt it was ever properly evaluated for safety in the beginning. "

Within the NDA (New Drug Application) we find an ADR rate of 42% (one or more reactions) with Levofloxacin. The medical examiner had SERIOUS concerns regarding the approval of this drug. The FDA approved it anyhow. In 1995 Public Citizen filed a petition with the FDA demanding "Dear Doctor" letters as well as black box warnings regarding the tendon issues. The FDA refused to do so. The Fluoroquinolone Toxicity Research Foundation (for over four years now) has forwarded tens of thousands of spontaneous reports to the FDA regarding the serious and NON ABATING adverse reactions to these drugs. The FDA added stronger warnings in the fall of 2005 which included IRREVERSABLE PERIPHERAL NUEROPATHY. Yet the treating physician remains oblivious to these side effects. It is absolutely insane that Ortho McNeil would state that the common side effects are nausea and vomiting when the clinical trials submitted to the FDA when this drug was approved clearly state otherwise. (these studies also included a number of fatalities) Currently there are a number of law firms seeking clients who have been injured by these drugs as well as several class action lawsuits filed. Yet the FDA, as noted within this article has chosen to ignore the severe adverse reactions and approve yet another indication. More than 1/2 of the drugs found within this class have been removed from clinical use or severely restricted due to such toxicity issues. Recently TEQUIN joined those that are no longer manufactured (due to severe blood sugar problems that resulted in fatalities). Fluoroquinolones are the largest selling drugs in the WORLD, they are also the most abused drug found within the physicians war chest. A recent study showed that one time out of a hundred is the drug properly prescribed in the correct dose. 99% of the time the patient is exposed to these side effects without justification. We find this article to be just another piece of propaganda encouraging such scripting abuse. For further information log unto the home page of the Fluoroquinolone Toxicity Research Foundation.
fqresearch.org

Ruptured Rotor Cuff Tendons

posted by **Lynn King** on 14 Jun 2006 at 2:56 pm

My Mom who is now in her 80's & very active suffered a right arm rotor cuff tear after being on Cipro from a knee replacement surgery back in 2001. At that time, had no clue that it was related to drugs.

Then she had several toe surgeries in a row, 2 years ago and was put on Levaquin after a severe infection from the hospital. And after just 1 or 2 doses she called me to say that her left arm hurt like hell and it felt just like her right arm did several years ago and couldn't figure out what happened.

I immediately researched the internet and found the "floxies" group and spoke with several people. And scary as it was I absolutely believed that the Levaquin created the tendon rupture and called my Mom and said DO NOT TAKE THE LEVAQUIN AT ALL. Thank goodness I made that call & all of her doctors said I was nuts.

MANY of her doctors at that time said basically what do you know and who are you to tell us (the

Drs) what to prescribe or not. Well, it's been 2 years and I think she still has several remaining side effects, but I did get one great satisfaction about making that right call for my Mom. Her Doctor called me just a few months ago and she said " You Were Absolutely Right" She had just attended a seminar on the fluoroquinolones and it advised the Drs. not to prescribe to elderly and as a 1st line of defense.

Levaquin - I Wish Doctor Knew About Side Effects

posted by **Ginny Edwards** on 24 Jun 2006 at 3:59 pm

I was prescribed Levaquin for a bad sinus infection 7 months ago. After first dose I experienced severe pain and burning in feet and legs. Could barely walk. After 2nd dose had same problems but worse and also arms and especially hands painful, stiff and numb. Could not wash and fix my own hair. Now can't walk or grip things. Am thinking I've had some sort of stroke or a brain tumor. Family Dr. says not caused by Levaquin. After 4th dose things got so bad that I quit taking the Levaquin. There has been slight improvement since then but at times it starts all over again. Have had nerve conduction study that was okay and neurology exam confirmed Levaquin caused these problems. Hope people and Dr's will be aware of how badly this drug can affect you.

Leviquin Nightmare

posted by **Danita Lampi** on 24 Jun 2006 at 6:54 pm

I took Levaquin for a sinus infection and the 2nd day I started getting horrible pain in my wrist. I didn't realize at the time it was from the drug. I've been waiting for it to get better but so far it is still painful at the joint. I will be seeing a doctor about it this week. My husband was also on the same medication for a bronchial infection. He now has severe knee pain in his joints and has a hard time getting up from a sitting position because of the pain. Neither one of us had any of these problems before we went on the Levaquin. I found out about the side effects of it after the fact.. I can't believe they are still selling this drug. It is poison!!!

Tendon Rupture After Levaquin

posted by **Bill Snyder** on 08 Aug 2006 at 7:24 pm

I (61 yr male) was on a 10 day course of Levaquin (750 mg) in mid-June to treat cellulitis in my left hand. In late July, I suffered a rupture of my left distal (lower) biceps tendon. Coincidence or not, I'm very concerned. And how does one convince the insurance company, the two events are likely related?

Thanks, Bill

It's Not The Levaquin....

posted by **g** on 29 July 2006 at 5:47 am

I began taking Levaquin for a bone infection in May 2006. Other than diarrhea, nausea and oral thrush, I was tolerating it quite well. In late June, I began to have an insidious onset of joint and tendon pain. I first felt it in my hips and elbows, but it quickly moved to my shoulders, knees and my hands. When I called to report this to my doctor and pharmacist I was told that "it's not the Levaquin". Because of the seriousness of the infection, I continued the Levaquin for another week. I began waking up in the middle of the night with my knees and hips feeling like they were on fire. I

dreaded getting out of bed because it hurt so much to walk around. My hands were swollen and I could no longer do normal things without significant pain. I should mention that I am a healthy 40 year old woman. My infection occurred due to pins used to repair a fractured bone. Furthermore, I had taken Levaquin in the past for a UTI and had no problems; so I was not expecting any trouble this time. Finally, I refused to continue this drug and went back to an IV drug instead. I took my last dose of Levaquin two weeks ago and I am still in pain. I don't feel like my shoulders and hands will ever be the same. I am taking narcotic pain relievers every day just to function. Anti-inflammatories just don't give adequate pain relief. Does anybody out there have any insight into how long it may take to recover from this, or when the symptoms may subside?

I am writing because I have just had enough of the ignorance of the medical profession about these drugs. First let me say, I am a doc as a disclaimer. I am not office based so I have never written an outpatient rx for a quinolone. In the hospital, I can place on 2 hands the times I have had to use in a 9 year career; for patients with multiple allergies that had serious infection we had to treat and those who had bugs resistant to everything but a quinolone. I was trained by conservative ID docs in my training so consequently I never jumped on the quinolone train so to speak. However, I know very well meaning ED docs and IM docs who easily write for these meds both po and IV without a worry even after the black box warnings. That is a mistake.

> I took Cipro (first time ever) in July of this year (500 twice day for 7 days) for a suspected bowel issue/infection. 2 weeks after I quit it I developed severe anxiety AND started with left sided pain in "my tendon insertion sites." I remember telling my husband, this feels like my insertions are all aching. It involved mostly the left shoulder/scapula, left pec insertion, 4th and 5th metatarsal head of foot and aching in the quad insertion on the left leg near the knee. I also developed muscle twitching and new onset hypertension, as well as intermittent hand swelling.

> Fast forward through MRI of left shoulder that killed me for 2 months before I could get the MRI by which time that had abated pretty much and now developed arthritis pain in both my hands and still with tendonitis like symptoms in the sole of the foot and groin and even where the tendons insert on the side of my fingers. I had an extensive blood workup for rheum everything from scleroderma to lupus to myositis, all negative. Had EMG and NCV studies all negative. NSAIDS do NOT help at all. My pain is worst in the early afternoon into the night. Now, the only thing that treats it is a low dose Lortab and a Flexeril occasionally. It also helps the insomnia though I do notice I have improved from the anxiety standpoint.

> Anyway, I went to Cleveland Clinic recently and was seen by neurologist there. He told me he thinks it is Cipro toxicity, repeated the EMG which was unrevealing. I then saw a rheumatologist there who disagreed and had no idea other than the usual tendon rupture/tendonitis that is what we are all aware of. She had no idea about the subset of otherwise healthy patients who develop the arthritis, myalgias and neuro like symptoms. In fact she looked at me like I had 3 heads and I am a medical doctor. So, one says it is the other says she has no idea but still cannot tell me why I have pain near tendon insertions, arthritis in knees and hands and intermittent hand swelling of fingers that look like little sausages and why I need Lortab to treat pain.

So, to all you out there who thinks this does not happen to MD, RNs etc, think again.. It does and we have no better advocates than you do. I realize just how naive and underreported and acknowledged this problem is. The good thing to know is that a lot of my colleagues who used a lot of Cipro and the like have changed their prescribing habits because of what has happened to me. I am 40 years old and feel like an 80 year old with stiff aching noisy joints. Rheumatologists and orthopedists need to get with the program and realize this syndrome so to speak goes beyond the black box subset of patients known to be extra sensitive to quinolones "the renal failure and steroid dependent 62 year old with tendon rupture..." Anyone on this board been to Cleveland clinic or Mayo clinic or better yet Johns Hopkins and got someone there who heard of the floxing syndrome?

Yes I realize this but this is addressing the tendon rupture issue, not the more subtle enthesitis pain patients get without a tendon rupture. The other symptoms involved in this floxing syndrome has NOT been addressed by mainstream medicine. I am an evidence based academic and I cannot find anything but Cohens article and a few scant others in other languages that discuss anything but the obvious tendon rupture issue that we were teaching residents back in 1996-97. So, while yes Achilles tendinitis and rupture has been in NEJM the other cohort of many patients not with rupture but suffering with enthesitis none the less and the myriad of other symptoms has NOT been elucidated or a forum established to discuss this. Let's face it as many patients on this board can attest. When they go to their PCP who gave them the drug and complain of the myalgia, tendonitis and other nervous system symptoms they get the brush off. Why? Because the word is not out there in the MD community about the extensiveness of the damage done by quinolones as well as the time course that these reactions sometimes follows denies medical reasoning. i.e. if the last Cipro pill was 2 weeks ago, why are you developing symptoms 2-3 weeks later? After all, the drug should be gone. So, we as MDs have a lot to learn about this myriad of fluoroquinolone drug class effects and when we see it and no other explanation is plausible, we owe it to our patients as well as our colleagues to report these disabling symptoms as ADR to the FDA. Maybe if enough MDs do this, the word will get out and more patients will not be "blown off" as head cases...

Good Luck to you. I did one of my residencies at a well known university on the east coast, to remain nameless. If other MDs on this board can attest, we still get skeptical colleagues and quite frankly I think some don't believe it. All it takes is one good case report in the NEJM and then all of a sudden like a lot in medicine it will be the vogue to diagnose it. Till then, with few MD believers out there, I guess the only option is to treat yourself well, trial

and error with what works and keep believing. A mental attitude whether with cancer or any chronic disease makes a difference in the body's immune responses.Â This too was felt to be quackery awhile back, however, "mainstream Medicine" now has come to realize the role stress and mental attitude including not to offend anyone here the power of prayer or belief in a supernatural force.Â I too hope for you that if you are one of the intellectual elite of Hopkins they will "believe" you....

I literally saw him 2 days ago.Â He is forwarding the report to me.Â He has seen the cases before and missedÂ a diagnosisÂ in the past.Â I respect him deeply for that as a real MD has the courage to say they have missed something or flat out justÂ never heard about something.Â He told me now he never misses it when he sees it.Â A really bright guy for sure, however, the rheum left ALOT to be desired.Â I WOULD NOT RECOMMEND RHEUM AT CLEVELAND CLINIC IF YOU ARE SEEKING DIAGNOSIS. I CLEARLY HAVE JOINT FINDINGS (MY KNEES CRACK AND GRATE AS DO MY ANKLES) AND SHE SAID SHE COULD NOT FIND ANYTHING.Â HMMM...NOT NORMAL LAST I DID A PHYSICAL ON A #(YEAR OLD PATIENT I came to Ohio from Nevada.Â They have NO CLUE about anything there inÂ NV let alone something as "esoteric" at this point as quinolone toxicity.Â A really scary place to be "sick" even for an MD.Â

1. [Kristine McFadden on July 10th, 2008](#)

Would this be something that develops while taking Cipro or possibly at a later date in time? The reason I'm inquiring is that I've taken Cipro quite frequently in the past for a long-standing kidney/bladder infection, and more recently for another infection. It's been recently that I was diagnosed with having tendonitis in my L. arm, wrist, and hand, for no apparent reason. I don't play tennis or do any sort of repetitious activity. Just a curiosity....and also, is a class lawsuit being pursued? Thanks for your reply.

2. [Matthew Lake on July 10th, 2008](#)

I took only 3 doses of Cipro and it caused bilateral Achilles tendinitis and bilateral tendinitis in both of my wrists. This has taken so far 9 months to get better and still not completely healed... I was a very healthy athletic 23 year old and got injured by this drug. My doctor said I would heal in 3 weeks! but it never happened.

But that isn't to mention the other things it caused me like Peripheral neuropathy, chronic insomnia, muscle pains, dryness everywhere, spider veins all over my body and so on. I had up to 50 symptoms but now am just left with about 3-5 at a time...

Unfortunately the problem with quinolones is that tendinitis and tendon rupture can happen a year, and possibly more after you take the drug... so as you can imagine the problem is probably under reported by a large extent. The FDA states that there has been 300 cases of tendinitis from quinolones during that time. There is a yahoo group that has been running for over 10 years with THOUSANDS of members, with an extremely large percentage of them all getting tendinitis which has lasted years, or multiple tendon ruptures.

In time the true damage of these drugs will be revealed, I'm betting on it. The numbers quoted above are completely wrong.

3. Tom Lamb on July 11th, 2008

While reading through some of the material that the FDA made available online in connection with this July 2008 label change for these fluoroquinolone antimicrobial drugs, I found the following:

"Fluoroquinolones, like any drug, have possible side effects associated with their use. Rarely, some side effects may be serious or even fatal; however, most of the risks are mild. Some of the most serious side effects include seizures, hallucinations, depression, heart rhythm changes (QTc prolongation and torsade de points), and intestine infection with diarrhea. Rarely, damage to the liver, kidneys or bone marrow, and changes to blood sugar may occur."

This last sentence brought to mind the February 2008 "Dear Doctor" letter about Avelox / Avalox that Bayer sent out in Europe, which was reportedly intended to emphasize a 2007 label change Bayer made in Europe about, in part, severe and possibly fatal liver toxicity.

So where is the corresponding letter to health care providers in the U.S. from Bayer about Avelox and its association with liver toxicity?

4. Gary Boyles on July 11th, 2008

The number of side effects and the seriousness of these side effects caused by this class of antibiotics is grossly underrated and under-reported. Tendon damage is only one of the many injuries these drugs inflict on thousands of people each year. The delay in time between taking these drugs and having the adverse reactions present is what has concealed the high number of reactions.

Most Dr's do not even realize that the tendon, nerve, muscle and CNS injuries that their patients develop after taking Fluoroquinolones is related to the antibiotic.

The true number of people affected each year by these antibiotics is astounding and has been well hidden by the manufacturers. There are thousands of people that have been permanently crippled and hundreds of thousands more that have suffered the ADR's of Fluoroquinolones for months to years.

I can only say that this Black Box warning is way overdue and still doesn't cover many of the other severe and disabling side effects these drugs inflict.

5. [Leslea Bates on July 12th, 2008](#)

These reactions are greatly under reported because of their latent appearance. If the true number of reactions that are wreaking havoc on their victims were actually reported that are caused by the quinolones all these drugs would be pulled off the market. There are three major forums with thousands of victims desperately seeking answers and trying to cope with multiple system problems after taking a quinolone. This black box warning doesn't even come close to the extent of damage that can be done. Scare the patient, God I hope so, wake up medical community. Start using your prescription pads wisely, take the oath "to do no harm" more seriously and look into the side effects of this class of drugs. Check out the hospital antibiogram and use an alternative antibiotic and use quinolones as a "last resort" which is what they are intended for. Quit listening to just the drug companies and listen to the patient's out here that trusted their physician and are now paying with a life of pain, limited mobility, nerve and muscle damage, liver damage, heart damage, permanent peripheral neuropathy. Tendinitis is happening to thousands and thousands not just hundreds, and that is the least of most of their problems caused by these antibiotics.

6. [farmer on July 12th, 2008](#)

Fluoroquinolones have some unique adverse events compared to other antibiotics. Five Fluoroquinolones have already been removed from the market due to safety issues in a short time. How many other classes of antibiotic have such a track record.

Patients who experience tendonitis that is prolonged impacting many body areas may actually also have small fiber nerve damage.(peripheral neuropathy) and not know it. A test called small fiber skin punch biopsy done by a Neurologist can show this. While warnings exist for concomitant steroid use, since Fluoroquinolones trigger a process for ruptures to occur months later, it would seem

prudent that Physicians who frequently want to administer steroids as intervention for reactions be aware that this may also increase risks due to the nature of the process triggered.

Ministry of Health France 2001 and Ministry of Health Italy 2002 issued DEAR DOCTOR letters for Levaquin why didn't the FDA warn in the USA by issuing DEAR DOCTOR LETTERS.

In January 2002 the Irish Medicines Board Drug Safety Newsletter –

January 2002 – Issue No.14 The Pharmacovigilance Unit states " Levofloxacin (Tavanic) " The Company responsible for marketing the above product in Ireland have agreed to undertake an epidemiological study to further investigate the risks associated

with development of tendon disorders." Where is the study and what was the outcome? Many do not just have tendon issues but have tendon issues accompanied by peripheral neuropathy, muscle, joint, ocular, vestibular bone, cns and other systemic impact. I have been disabled since taking this antibiotic and receiving intervention with Medrol which made my reaction worse. Another family member also sustained a reaction requiring surgical intervention. Patients should have informed consent about risks that can impact health permanently especially when the prescribers fail to believe patients who report such systemic reactions. While current labeling says prolonged, after 10 years of chronic pain impacting tendons, joints, muscle, peripheral neuropathy and other systemic problems I would consider this permanent.

7. [Kim Bean on July 12th, 2008](#)

Beginning Dec. 2nd, 2006, I took 17 days of Levaquin and Avelox. My nightmare began with a foggy feeling in my head. Soon, I was having electrical "zaps" and tingling, hot and cold sensations on my extremities. Then 24 hours later came the muscle cramping in my thighs, calves, Achilles tendons, shoulders, hands and neck. Within 3 weeks, I had severe tendonitis develop in my thighs, knees, and calves. My shoulder blade was extremely painful. My neck muscles and face muscles had spasms. I had severe insomnia, I lost 13 lbs in a two weeks. I had severe diarrhea, GERD, etc. I couldn't drive a car for 6 months due to pain in my legs. I couldn't walk across the grocery store without my legs giving out from weakness and pain.

I had twitching muscles for months. My doctor, upon prescribing the drug never warned me of the side effects.

I went through a lot of pain and fear because no one attributed my symptoms to the antibiotic. I had numerous expensive tests that cost us more than \$3000.00. The doctors were trying to rule out everything from Celiac's disease to MS or worse. Finally, with only a couple of pills left, my husband (an MD) and I figured out (thanks to looking up the medicine on line and finding different forums) that

it was the antibiotic. Now, 1 1/2 years later, I am about 95 % recovered. I still have nerve damage in my shoulder and neck. I had to work very very hard to get better—exercising, eating right and continue these new habits today.

If only my doctors, including my husband had been informed about these possible side effects and responded differently, I would have stopped taking the medicine right away and suffered much less.

Since then, my husband, who does a lot of orthopedic types of injuries, has come to recognize when people have become injured by these antibiotics rather than something activity related. Very seldom do people connect these sorts of symptoms with antibiotics they are taking, hence the low number of reported incidents. I actually had such a reaction 15 to 20 years prior to this one and never figured it out. I experienced muscle twitching and tendonitis in my arms after taking an FQ and never put two and two together. If I had, I never would have taken it again...that is for sure!

I am sure that there are a lot more than 1 in 100,000 people because of the lack of warning and as a result, a lack of association with symptoms and the drug.

8. [Rose McNierney on July 12th, 2008](#)

People can have delayed reactions to these drugs. My symptoms did not become apparent until two weeks after finishing my prescription of Levaquin. Because of these delayed reactions, many patients and their physicians are not connecting the symptoms to the drugs. This results in severe underreporting of adverse events to the FDA. Maybe now that this issue is getting media attention, people will be able to make the connection between their symptoms and the fluoroquinolones. This class of antibiotics is very very dangerous and should only be used as a last resort. At the present time these medications are used to treat simple and ordinary infections. I was treated with Levaquin for pneumonia in December. Seven months later I am still suffer from many adrs including neuropathy and muscular/joint pain.

9. [GC on July 12th, 2008](#)

“Antibiotics are some of the most consumer-trusted drugs on the markets. Although it’s important to make potential side effects clear to patients, these new black box warnings may add new fear among patients about the safety of medication in general. If we focus on all the negative and rare possibilities that come with taking medicine, we may mistakenly forget about all the benefits that drugs provide.”

The problem with this statement is that fluoroquinolones are not truly antibiotics, rather they are classified as chemotherapeutics and have a much higher incidence of adverse events than the stated 1 in 100,000. The figure is actually 1 in 10,000 and even then I believe that is also in error and much higher due to problems with reporting to the FDA and doctor recognition to symptoms that can appear with FQs. This class of medication is extremely dangerous and patients deserve to be informed and educated about their health decisions. We should focus on negative possibilities and take a closer look at all drugs because it could prevent needless suffering and harm. Sure, fluoroquinolones are effective as broad-spectrum “antibiotics,” but there is quickly being built a resistance to these powerful drugs; there are more appropriate medications that work just as effectively and do not cause major problems with all body systems. There have also been studies documenting that Levaquin had the same effectiveness or less in treating certain bacterial infections as Amoxicillin. It seems laughably foolish to use up all of our “big guns” on minor ailments such as ear and sinus infections. What are we going to do when we truly need them? Devise a medication that certainly kills the bacteria and the patient at the same time?

My life has been ruined by Levaquin. I have tendonitis and a whole host of other serious problems as a result, including: heart, liver, joint, muscle, nerve damage and endocrine and blood disorders. I spend my days in chronic pain and I am only in my mid-twenties. I live every day in regret that I trusted that this medication was just an “antibiotic” and did not question the doctors or medical industry. Patients should be very afraid of this drug...

10. Sally on July 12th, 2008

I was poisoned by Avelox, a fluoroquinolone drug (like Cipro) in 2004 and though I did not have a tendon rupture, I am forever changed. I have constant joint pain, short term memory loss, severely impacted energy levels. My hands have become misshapen and painful making it difficult to do my job. My doctors didn't believe that the Avelox did this to me. So, I was given every test under the sun to rule out lupus, MS, Lyme, etc. All, of course, negative. It wasn't until I ended up in the ER at Yale University hospital that a neurologist confirmed that he HAD seen this happen before. And though he was at a loss to how to remedy the situation, he did validate me. The first two years post-avelox were hellish with tremors, burning pain and inability to function, insomnia and anxiety. These drugs should be reserved for life and death situations- not for someone with a sinus infection or bronchitis, which was my condition. I am unable to exercise without incurring a good 2 weeks of recovery. I am unable to concentrate and remember simple things from one minute to the next. My job is impacted as I am a children's entertainer and I need to use my hands and my memory (my mind!). I need a

high energy physicality which I have to fake now. And of course, when my performances are over, I have to lie down and sleep for hours to recoup. And sometimes I don't recoup for a couple of week. I am 56 years old and have been in my profession for 20 years. I am now looking at the possibility of having to give up the work that I love. I was perfectly fine before the Avelox. The Black Box warning should ALSO include the central and peripheral nervous system damage! (it IS in the literature that comes with the drug, but not in the Black Box.) I wish to god that the black box existed pre-2004. And I wish the black box would spell out the other nightmarish adverse reactions as well. I would have been able to make an informed choice. A little fear of "medicine" is not necessarily a bad thing!
Sally

11. ~Shells~ on July 12th, 2008

Previously HEALTHY, ACTIVE mom of twin boys—20 pills of AVELOX and LEVAQUIN, 2003, completely interrupted my life, causing horrendous physical suffering and emotional anguish!!
Progressive chronic pain, tendonitis.....heart-palpitations.....bleeding skin.....vibrations throughout my body.....neuralgias and myalgias.....
anxiety and depression....ringing in the ears.....the list is endless!!
Black-box warning for tendon damage?? NOT ENOUGH!!
And yes Kristine McFadden, reactions CAN BE DELAYED!! It happened to me!!
<http://blog.garymoller.com/2008/03/my-doctor-has-poisoned-me-with.html>
~Shells~

12. Sarah on July 13th, 2008

This article is so blatantly biased, it is absurd. Of course the problem is underreported. Tendonitis and wear and tear injuries like this – most people would not in a million years associate these with antibiotic use. Especially if they are not currently taking them when the injury occurs. But tell the people who have lost the use of their hand about how rare this occurrence is and how the good things about medicine shouldn't be overshadowed by this "little" problem. No one is arguing that medicine is bad for us, we, the public, just want to be informed of the risks so we can decide for ourselves based on ACCURATE information. I would bet everything I own that this problem has been covered up and the risk downplayed for years... Time will tell.

13. rocky adams on July 13th, 2008

I am not terrible surprised by the FDA finally getting around to issuing this warning. Just in my immediate family, I have had 3 people including myself have severe tendon issues after taking this antibiotic class with one being an Achilles tendon rupture, and I have had my mother-in-law have such terrible anxiety related issues she stopped taking Levaquin after 1 dose. Guess what? None of these four individuals' reactions were ever reported to the FDA or anyone else by the doctors. Why? Because it isn't mandatory to report so therefore doctors do not take the time to report anything. So I hate to break it to you guys, but the side effects to this drugs just in the tendon area is tremendous if the FDA actually studies it. If the FDA also takes the time to look into all the other side effects from this class of drugs then its goodbye fluoroquinolones because these meds are dangerous.

14. kls on July 13th, 2008

I'm a 32 year old female, who was a victim of the Levaquin and Cipro, mainly Levaquin. Levaquin caused me toxic psychosis, brachial plexus nerve damage, Achilles tendon issues. What the media is being told isn't true, there are more cases of people being affected, and they're younger than 60. They also haven't mentioned the people that have lost their lives because of these drugs.

15. Gary Boyles on July 13th, 2008

I was injured severely by a 10 day dose of Cipro 2 years ago. I still have nerve damage, joint pain, insomnia and many other ADR's that all presented as soon as I finished the Cipro script. I can barely walk now and I don't see any improvements in my condition. I was a healthy, happy 51 year old male before I took Cipro for a minor UTI. I was never warned of any possible ADR's by the prescribing Dr. and when I came back to him for help, I was ridiculed and told the ADR's I was experiencing were not possible with Cipro. He then dropped me as a patient. People need to know that this class of antibiotic is way more toxic and dangerous than even the Dr's know about. There are delayed reactions that make it hard to connect the injury with the Fluoroquinolone. Tendon ruptures is only one of the many severe side effects these drugs can cause. If you refuse to post this as you did my last comment, that just proves your guilt. We are on to you and will not stop until this is common knowledge to the public.

16. Tara Ernst on July 14th, 2008

Completely healthy people do not just all of a sudden get ill. Levaquin caused me to have severe tendon problems, peripheral neuropathy and a dozen other problems. I have never had any

problems my whole life. Then I take this drug and within hours get a severe cramping in feet and hands and from there it only got worse. It affects more than 1 in every 100,000, but of course half of our stories don't get told because our doctors think we are crazy. I'm not crazy. I know what happen to me and the many others who lives were changed because of these quinolone drugs that by the way are popular only because they are over used. I got Levaquin because of a sinus infection.

17. [Helen on July 14th, 2008](#)

I was poisoned by Levaquin almost four years ago and I'm still suffering with hearing loss, tinnitus, heart problems requiring a pacemaker and possibly a valve replacement, psychosis, anxiety, depression, and tendonitis. I would like to know when the warnings will include all the other problems this poison causes. This "medicine" was supposed to help me and instead it ruined my life.

18. [david fuller on July 14th, 2008](#)

Tendon rupture is the least of the patient's concerns. This class is associated with irreversible peripheral neuropathy, fatal liver and kidney damage, fatal hypo and hyperglycemia, SJS and TEN, toxic psychosis, spontaneous ruptures not only of the tendons but also muscles, ligaments and cartilage, the list of serious adrs is boundless. More than half of the drugs found in this class have been removed from clinical practice due to severe and even fatal adverse reactions.

Within the NDA (new drug application) for levofloxacin we find clinical studies that revealed an adr rate in excess of 40% (one or more reactions) and a number of listed fatalities. We find these same numbers with all the NDAs for this class. This tendon issue we are now discussing was first revealed to the FDA back in 1982 (bailey et al). The FDA did NOTHING until Public Citizen filed a petition in 1996 seeking both black box warnings and dear doctor letters. The FDA did neither. Another petition was filed by the Attorney General of the State of Illinois in 2005 seeking these same actions. In 2006 Public Citizen once again petitioned the FDA. Rather than respond to these petitions as required by law, the FDA stonewalled the petitioners for more than three years. It was not until suit was filed in Federal Court by Public Citizen to compel the FDA to respond to these petitions did the FDA do anything.

19. [Mary on July 16th, 2008](#)

I was on two rounds of Levaquin back to back approx. three months ago for tenacious UTI. While on meds I noticed pain in right arm, which increased after I stopped the medicine. I wasn't doing

anything athletic at the time or strenuous. It's now been months off the meds and I am still in constant pain. The doctor said most tendon problems with the drugs have to do with the Achilles tendon but he also admits I have tendonitis in my arm. I am afraid there might be a rupture or other damage but my insurance co is refusing to allow an MRI. I am going to see my rheumatologist next to see if there is anything he can do. This has been just awful as I am right handed and need my hand and arm to work, etc. Are any lawsuits being filed against the makers of these medicines?
Thanks, Mary

20. [Susan Mullins on July 16th, 2008](#)

When I heard the news about the antibiotics that can cause tendonitis and/or tendon ruptures, I was shocked, but had my answer to what had caused my case of tendonitis last summer. I've had such severe and chronic sinus infections for the last 20 years that I've often been prescribed Cipro and Levaquin. To top it off, my nurse practitioner often gives me a steroid shot to reduce inflammation and pain, to induce healing. Crazy, I now know. I suffered such bad tendonitis last summer for no apparent reason that I couldn't walk. I was put in a cast for 3 weeks and almost lost out on a trip to Las Vegas. I went to Las Vegas with a frightening bright blue cast and a lovely husband who agreed to push me in a wheel chair. We had a great time, but a year later, I still suffer from pain in that ankle and worry all the time about the tendonitis coming back. I have been suffering from pain in my finger joints, but thought it could just be arthritis (I'm only 43), but maybe it's due to these medications I've had so often. I also suffer from dizziness, tinnitus and a muffled and painful ear. Could this be caused by these medications? Does anyone know?

21. [david fuller on July 17th, 2008](#)

Those who have an interest in help and support are invited to log into any of the numerous forums found on the internet that deal with these issues. The top two being the quinolone forum hosted by Yahoo since 1999 and the fqresearch forum hosted by Yahoo as well. Just do a google search for their Internet address as I do not wish to abuse the hospitality of the host here by posting links to other sites without their permission.

22. [david fuller on July 17th, 2008](#)

So where is the corresponding letter to health care providers in the U.S. from Bayer about Avelox and its association with liver toxicity?

According to the drug reps I have spoken to there will be no such letter issued here in the States. The label changes that prompted the European Dear Doctor took place here in the States almost a year before such changes were applied overseas. But the European authorities immediately DEMANDED such a letter, whereas the FDA did absolutely nothing, and continues to do absolutely nothing regarding this additional fatal reaction. Which once again they have known about since day one.

23. [David Fuller](#) on July 17th, 2008

Are any lawsuits being filed against the makers of these medicines?

Yes, two class action lawsuits were filed against Bayer after the anthrax scare back in 2001 in regards to the postal workers. One was later withdrawn due to the excessive cost of such litigation and the other I had heard nothing further on. There are numerous individual lawsuits currently pending in Federal Court at the moment as well as medical malpractice suits. The manufacturers of Tequin are also being sued, (the latest quinolone to be removed) and in the past the manufacturers were sued concerning the other 50% of these drugs that have been removed from clinical practice due to such severe toxicity. Drugs such as Trovan for example.

There is also litigation going on concerning Pfizer's unethical pediatric use of Trovan in Nigeria where it is alleged they performed illegal clinical studies on these kids, disabling and even killing some of them back in 1996 and then falsified documents.

24. [David Fuller](#) on July 17th, 2008

Could this be caused by these medications? Does anyone know?

Yes and yes, the FDA and the manufacturers have known about this since 1982. For more than two and a half decades. Also the combined use of steroids only increases the risk of a more severe reaction (and rupture) and such warnings are to be found within the package inserts for all these drugs.

25. [Christine](#) on July 17th, 2008

Here I sit over 25 months later from taking 4 750mg of Levaquin for a simple sinus infection. Here I sit in pain with blurry vision. I've been in pain every day since day 3 of Levaquin. I wasn't given any warnings, just samples in my doctor's office, who, had been lied to by the drug reps about these

fluoroquinolone drugs. I asked, “anything I need to know, any side effects”? “No” I was told, “these are great big-gun antibiotics”. No, I have not had a tendon rupture but still have tendonitis in many parts of my body, my shoulder being so bad that my therapist is scared to work on it. My neck froze up 2 weeks ago leaving me screaming in pain and unable to drive. I suffered from severe insomnia, depression and thoughts of suicide, all drug related. I still suffer from many other ADRs including muscle twitching, nerve pain, osteoarthritis (never had this before Levaquin), floaters, gastro problems, liver problems, fuzzy vision, etc., etc., etc. My doctor has written “Levaquin toxicity” as my diagnosis. My neurologist agrees. This Black Box Warning is not strong enough! Tendon ruptures in people over 60 is just the tip of the iceberg! This drug has ruined my life! It has taken 2 years from me and God knows how many more it will take. These drugs should only be used as a last resort! Please stop hurting people!

26. Matthew Lake on July 17th, 2008

First I want to thank the Author of this blog for writing about issues related to this antibiotic and allowing others to share their story. Thank you!

Susan, all the symptoms you’ve had, I have had almost immediately after taking my first dose of ciprofloxacin. I developed a problem with my ears with intense stabbing pains, tinnitus, but also my hearing would go for a couple seconds and come back and be replaced by loud tinnitus. This can happen often... this is with the constant tinnitus (5 different noises).

I only briefly gave a sample of my story, however I’d like to share with you in a little bit more detail what I went through.

I only took 3 doses of Cipro in total before realizing what was happening... By my third dose I went from being a very healthy 23 year old male who was athletic for over 10 years doing Karate, Yoga, Football, Judo and other sports, I eat an extremely healthy diet, and generally take care of myself... to not being able to function at all. I had to crawl around my house for a month! I noticed the side effects about two hours after taking Cipro.

After my very first dose of Cipro I had a cascade of symptoms that I never experienced in my life before such as; Bilateral Achilles Tendinitis, Tendinitis in both wrists, Chronic insomnia where I’d keep waking up every 1 hour (NEVER HAD INSOMNIA IN MY LIFE BEFORE!, Nightmares, peripheral neuropathy (burning, tingling, numbness), constant body tremors, dry eyes, dry mouth, dry skin, pulsating sensation in my stomach/neck/hands, pulsatile tinnitus, tinnitus, muscle pains, joint pains. Eye flashes, eye floaters, static vision, inability to adjust from light to dark (right eye),

twitching, dizziness, stiff neck, head pressure, eye pain, ear pain, difficulty swallowing, aspiration, GERD, lack of appetite. I also had massive increase in spider veins, nail ridges, constant wrinkled fingers, nail growth abnormalities.

It's 9 months later and I still can't walk far, however I do feel I have recovered about 70-80% and am left with only a few symptoms now (about 3-5). So there is hope for all you out there that had a reaction! Things can't get better. But I have lost thousands of pounds in lost earnings because of Cipro, and still not functional to how I was 1 day before Cipro.

I cannot believe this happened to me, especially considering just how active and healthy I was days or even hours prior to my first dose of Cipro. I was also 'floxed' on my birthday.

Take care

Matt

27. Db Cipro on July 17th, 2008

The fact that Cipro and quinolones can cause permanent, untreatable tendon damage as highlighted by the need for a black box warning, that leaves patients with crippling untreatable pain, is only the tip of the iceberg when it comes to the other severe and permanently disabling adverse reactions that Cipro and other quinolones can inflict.

The product information sheets provided by quinolone manufacturers fail to indicate that some individuals will suffer from multiple adverse reactions that will become permanent and untreatable. They list a wide variety of adverse reactions that would seriously impair anyone's quality of life, psychological, neurological as well as physical, if one had to live with only a few of them for life. Some of these reactions can develop days, weeks or months after taking these pills as well, making it more difficult to identify the drugs as the culprit of the disease.

I as well as numerous other individuals, who have tried to report these reactions to their physicians and the FDA, have been 'ignored' or 'rebuffed'. I have a 'constellation' of symptoms from taking Cipro in 2006 that do not respond to treatment. My permanent adverse reactions include tinnitus, hyperacusis, visual distortions and light sensitivity, smell and taste perversion, insomnia, anhedonia, chronic fatigue, anxiety and severe depression, loss of appetite, peripheral neuropathy, hypertension, hyperlipidemia, hypothyroid, brain fog, memory problems, constipation and 25 pounds of weight loss in addition to the muscular and degenerative bone issues. Tendonitis is a small part of the entire picture. If you find this hard to believe, check the ADR lists for Cipro and Levaquin. They're all listed, but are considered "rare" reactions. Only tendon damage and peripheral neuropathy are

indicated as possible permanent adverse reactions. What I and many others dispute is how “rarely” they occur, and we report that many of these adverse reactions cannot be treated and remain permanent long after taking the drugs. And when people report that they do occur after taking Cipro, or Levaquin, doctors are reticent to admit they were caused by the drugs, especially if they develop in these ‘constellation’ of maladies. When will the public truly be informed of the real risks of taking these drugs?

28. Todd on July 18th, 2008

Fluoroquinolone antibiotics have damaged many people. I know of this severe damage on a personal level since I suffered such an adverse reaction to the fluoroquinolone antibiotic Levaquin myself 22 months ago. Since then I have had daily pain and disability of my nervous and musculoskeletal systems and for several months had endocrine and gastrointestinal problems as well. The disability and damage caused by fluoroquinolones is long term and may gradually escalate in that more severe problems such as worsened neuropathy, neuromuscular disorders, musculoskeletal disorders and endocrine disorders once initiated by the fluoroquinolones may develop with a delayed and insidious progress.

This progression of the fluoroquinolone toxicity syndrome is well known by its sufferers and not recognized by health care givers. There has been no investigation in to the reactions. This lack of attention stems from of an antiquated FDA reporting system and the under-representation of the seriousness and frequency of the adverse reactions. The makers of fluoroquinolones have no interest in investigating adverse reactions when doing so will hurt them financially. It is only recently with the weight of litigation pressing down that the FDA has published its incomplete and grossly inadequate boxed warning about the potential for fluoroquinolone toxicity.

I have met many other patients suffering from the adverse effects of fluoroquinolones. Many of them reside in my community including 3 physicians and more than twenty patients.

Although these drugs may be life saving in certain infections when less toxic antibiotics may fail, they have been promoted for use as first line treatment for sinusitis, and urinary tract infections, and are often given indiscriminately to unsuspecting patients by uninformed and cavalier physicians for such benign illnesses as the common upper respiratory infection. Unfortunately for many patients they are trading a mild short term medical problem for a serious long term one.

Sincerely,

Todd Plumb MD

29. Seena Darwish on July 18th, 2008

I took Levaquin 2 months ago for a UTI. After the third dose, I went from a healthy 34 yr old to a 100 yr old woman. I had myalgia, extreme anxiety and panic, insomnia, tremors, neuropathy, tinnitus, blurred vision, and joint and tendon pain. Most of the symptoms have either diminished or gone away except for the joint and tendon pain, tinnitus, blurred vision, slight neuropathy, and some anxiety.

There has not been one day in the past two months that I have not been in pain. Both my Achilles tendons, both knees, both wrists, both elbows, both shoulders, and my right hip take turns hurting and aching. My quality of life has greatly diminished.

It is outrageous that there is a medicine out there that can do this kind of havoc on a person's body. Of course, most of us realize that all drugs can cause adverse reactions in some people. But we expect those reactions to be short-lived. I never imagined that adverse reactions to a drug can continue and actually get worse once the drug is discontinued. There are so many quinolone victims out there. Just go to the Yahoo health forums "quinolones" and "fqtoxicity."

What makes all this so much worse is that the medical community is so oblivious to what is happening.

Seena Darwish

30. ciprovictimalso on July 19th, 2008

My husband is a former Marine. He kept in shape over the years & was in great physical condition in 1998 before taking Cipro. He was in his early 40's at that time and quite strong. Shortly after taking Cipro, his arms & legs started to jerk involuntarily when he would try to rest, tiny sores appeared around his ankles, the bottom left corner of his lip swelled (angioedema), insomnia, vivid nightmares, rectal bleeding, anxiety, panic attacks & other things started to occur. Around a month after taking Cipro, the muscle & joint pain started. It was bad. He thought he was developing rheumatoid arthritis. Not long after that, the severe depression came along with suicidal thoughts & acts. In Jan. 1999, he took a loaded .38 revolver, placed it in his mouth & pulled the trigger. He survived that attempt. The bullet went through his cheek instead of his brain. He started having tendonitis which was extremely rare for him. In 1999, he had his first rupture in the back of his left calf around 11 months after taking Cipro. This was an avulsion because the muscle tore completely loose from where it was attached at the bottom of the calf. In 2000, the quadriceps tendon tore at his right knee.

In 2001, a quadriceps muscle tore apart in the center of his right thigh. All these injuries occurred with no warning. None of the doctors knew what caused this. His legs were very damaged at this point and causing him quite a bit of pain. He kept trying to work though, telling me as long as he had two good arms left, he'd make a living for his family. For the next few years the ruptures seemed to have stopped & there were no suicide attempts. He was still suffering from so much pain in his body & all the other things were still going on. In 2004, he took CiproXR. Shortly afterwards most of the previous conditions he was having from the first time he took Cipro got far worse such as the involuntary jerking movements of his arms & legs, rectal bleeding, his lip swelled just like before (this lasted for only a few days each time it occurred), bigger sores with dark centers in patches appeared on his body and all the others things got worse. He started having severe headaches & migraines frequently. The numbness in his legs got worse & started in his hands. Tendonitis cases became more frequent. Around 11 months after taking CiproXR, his triceps ruptured at his right elbow in 2005. Months later his triceps & biceps were damaged in his right arm. Near the end of 2005, another tendon ruptured in his lower left forearm using the amount of pressure a person would use to squeeze a blood pressure bulb. His depression became severe again & suicidal thoughts & acts returned. He became disabled after this. I never thought a medicine could do all this. He had 6 ruptures & no one knew why. This should not have happened to him or anyone else.

31. [Laura Calderon on July 19th, 2008](#)

Well, the black box warning about tendon ruptures is a start, BUT there is so much more to warn people about. I was misdiagnosed with a kidney infection and began taking Levaquin (500mg once per day) in September 2006. On the 5th day I had to stop taking the medication due to severe shin pain and Achilles tendon pain. I began to have difficulty walking. Over the next several months new symptoms appeared including severe muscle twitching in my legs and feet, painful aching in legs, heart palpitations (for three weeks I had arrhythmias for 3-5 hours every day), severe brain fog, paresthesia in feet, toes, fingers, and face, rash on arms, severe shoulder and hip tendonitis, severe insomnia, body vibrations and dysthesias, chills, depression, dizziness, itchy torso, anxiety, panic attacks, tinnitus, eye twitches, GERD, severe neck and shoulder pain, head pressure, tachycardia, burning soles of feet, anorexia with loss of 17 pounds over 5 months, mood changes, crying jags, popping joints, arthritic like pain in fingers, hip sciatica (diagnosed by Rheumatologist), vertical nail ridges, tender scalp and migrating pain (moving from one area of the body to another), horrible headaches, internal tremors, blurry vision. I had not had any of these symptoms prior to taking Levaquin. I began taking Ativan to sleep and ease the anxiety and became addicted to it for 8

months. I was lucky to be on a sabbatical when the symptoms were the worst, otherwise I would have had to take a leave of absence. I spent so much time being tested by different specialists (referred by the primary care physician) for cancer, MS and other neurological disorders. After 22 months I still have many of these symptoms. Levaquin has brutally altered my quality of life.

32. Namid on July 20th, 2008

The black box warning about tendon ruptures is a good start, but many more symptoms have to be included like damage to the liver, CNS system, heart... There is no part in the body, which cannot be damaged by this drug. It must be underlined that the symptoms do not only last during the treatment but that they can stay for a long time or even forever – in my case since 20 years and there is no end in sight. I only took 1 pill Floxin.

What shocks me is that the doctors, who describe these drugs, are not properly informed by the manufactures about the real toxicity and ADRs of the fluoroquinolones. In addition to this the medical class ignores, if a patient shows up with ADRs and is able to connect it directly with the treatment with this drug.

For me it was a battle every day, because it damaged the blood-brain-barrier, which protects the brain. Now substances can enter and cause big damage similar to stroke or brain tumor. I have the feeling that a mouse is eating up my brain bite by bite and it takes away slowly but steadily many of the normal skills and my personality. In order to protect my brain I have to isolate myself and I have to avoid all exposures.

Namid

33. Lil on July 21st, 2008

My Levaquin experience

I had a sinus infection in December of 2007. It went away I felt fine. Three weeks later I began to feel ill again. On Jan 2 2008 I went back to the doctors, and he suspected pneumonia. He prescribed Levaquin. I took the pills for about 5 days when my body ached and I began to get stiff all over. My stomach began to burn right in the center of my chest. I continued the drug until I was finished. On my 12th day two days after the last pill. I began to experience severe back pain and the aching in my muscles and my knees still hurt. I went back to the doctor and he told me I was having a gall bladder attack. I do not have a single relative who has gallstones not a single relative!. I told the doctor it must have been from the antibiotics and she sent me to the ER to get a scan. Sure enough my gall

bladder was having problems. I did not want my gall bladder taken out so I changed my diet and sought an alternative acupuncturist. The first month or so wheat and carbs would make feel terrible. I was having problems drinking my favorite beverage coffee. It has been 6 months since Levaquin, I still have my gall bladder and I still ache every now for no good reason. My only exercise these days is walking. My vision has gotten worse and I don't have the energy I once had and I now have this ringing in my ears. This drug has definitely affected my immune system. I could go on and on but this is the just of it.

34. Shells on August 1st, 2008

In 2003 I ingested 20 pills total of AVELOX (moxifloxacin) and LEVAQUIN (levofloxacin), as prescribed by my doctor to treat a sinus infection. My life has been hell on earth ever since, w/ the progression of severe, disabling adverse reactions. Today as I post these words, I can add Premature Ventricular Contractions (as my recent EKG showed) to the never-ending list of ADR's, as well as neck pain so severe that I can hardly hold up my head and type this.

Please allow me to C&P the following comment:

Every morning when I open my eyes, I awaken to this nightmare. There is a "sickness" that feels like my body has been poisoned. My hands and feet are swelled and sore...my entire body is stiff and painful...heart-palpitations, vibrations throughout my body...ringing in my ears...bleeding specks of sores on my skin...and a full, bloated feeling in my gut...I feel like I should be dead. It is only by the grace of God, and the love of my 2 children that I am able to pull myself up out of bed, and make it painfully down the stairs. Crying will do no good, as I know I must be strong to fight this horrendous ordeal that has become my life. Knowing that there are others who are living this nightmare gives me a sense of strength...and compassion. There are no more words to describe what we are going through emotionally, let alone physically. How could something so unbelievably criminal have happened to us?? And why is this insanity being allowed to continue?? How many more innocent people will have their lives destroyed...how many more must suffer...how many more must die....before something is done?? Someone tell me, what will it take??

Diagnosed w/ arthralgia, trigeminal neuralgia, tendinitis both elbows, enlarged lymph nodes... still seeing doctor after doctor, and specialists who can only treat the "symptoms", not the cause.

The Black-Box warning for tendon damage is hardly sufficient and long-overdue.

The poisons that robbed my children of a mother were AVELOX and LEVAQUIN...20 pills. I traded a sinus infection for this life of pain and misery.

<http://blog.garymoller.com/2008/03/my-doctor-has-poisoned-me-with.html>

Thank you

~Shells~

35. Mary Ann on October 17th, 2008

I am writing this letter in utter desperation to find some relief for the awful pain that I have in my left arm/shoulder, left leg, above the Achilles tendon, and pain in upper right arm as well..

I had a sinus infection and was prescribed Levaquin by my ENT Dr., and after taking just 5 pills, I began to have a stinging pain in my upper left arm., after about the fifth day, I ended up going to the ER, I thought that my arm was surely going to explode. It is now 5 months later, and I am still in horrible pain, and still have swelling on upper part of left arm, looks like I have a big indentation there, and there is also two bruised marks that have been there for 5 months and have not gone away, I don't know who to talk to, where to go anymore.

My medical Doctors have tried to help with pain meds, I have had an MRI of shoulder, and left arm, also a bone scan as well. Nothing is helping and I am so upset.

Thank you for this, Mary Ann

36. Nellie Dailey on December 29th, 2008

I began taking Avelox last winter to treat Bronchial pneumonia. After taking one Avelox, the nausea began. After taking the second, muscle spasms in arms and legs made me determined to never take this drug again. I was in touch with Sherring/Plough during this episode and kept a record.

I have been bothered with lack of feeling in my legs and am required to use caution when walking some days. I was a healthy 71 year old when I first took Avelox. I had no trouble walking and often walked 3 miles a day. Some days I find myself to be clumsy when walking. Also, some days, I have trouble using my hands freely.

Now, nine months later, I felt something tear in my right knee. This happened as I reclined in a chair and simply pulled my knee upward. Also, I have almost constant pain in my left wrist. My symptoms seem to worsen as opposed to getting better.

I wonder if the benefits from these drugs outweigh the problems they cause?

I'm glad to have a site where I can explain my problems with Avelox. Sherring/Plough never bothered to call and ask if I am alright.

Thanks for reading. Nellie

37. **DAISY EDBERG** on January 26th, 2009

me and my daughter was exposed to raw sewage we were swimming in creek and did not know our land lord had been pumping raw sewage into it for years we kept getting sicker and sicker when we found out it was from the water we swam in drank because it got in well water and in our garden we ate from the dr and hospital said bacterial infection and we were on septrra 800 mg three times a day for over two years i have ra but my musslse tendent shoulder and a lot of other this are so painfull it just won't go away i also got so sick something to do with my white blood cells they sent me to a cancer dr they thought i had leukemia the cancer dr said i did not it was secondary to the bacterial infection from the water i believe this antibiotic has caused me even more pain than anyone could ever imagine but where do i start should i have been kept on this for over two years could it have damaged my immune system even more than my ar and the bacterial infection did i think so but how do i prove it where do i go for answers /justice for me and my family please send me all info and name of people who can help you truly forever in pain disabled mom of three god bless.

38. **andrea** on February 1st, 2009

I had to post because I went through what most of the above are going through in 2006 after 10 days on Levaquin. My first reaction was heat sensations in different parts of my body. After that I had the most horrid vivid nightmares and insomnia. I called the pharmacist (as my doctor was away) and he said that could happen so I continued taking the meds until finished. It got worse after that...burning sensation across my shoulders, horrible insomnia...the moment I would put my head down (couldn't even use a pillow because of the neck pain) and try to sleep I would feel like I was being jerked awake...got to the point that I asked my husband to take me to ER...I had lots of tests but they had no idea what was happening. Tingling sensation down the left side of my body, muscle weakness. Lost 15 lbs, had no appetite, felt totally weak and so depressed...hardly could get out of bed. After a few months I realized that my GP couldn't really help me so I had to help myself...I started very slowly going for walks up the street and back, went to a naturopath (registered one) and took some good vitamins/supplements, did some cleansings and ate organic foods as much as possible and gave up coffee completely. Almost 3 years later and I am so glad to feel normal again (well almost!), I occasionally have shoulder pain and on the left side of my body, but I can deal with that and I can

sleep and life is good. My philosophy is to be positive and make yourself better and spread the word about fluoroquinolones.

39. [Ozzie on April 3rd, 2009](#)

Thanks Andrea for positive comments, I stopped taking Cipro a week ago and I visited Naturopathic doctor and prescribed me multi Vitamins and some Minerals and cleansing. I used Magnesium yesterday I woke up with much less pain and will continue to take vitamins. But my shoulder hurts so much I'm afraid of Rotator Cuff pops out any time. I like to hear from people who have seer shoulder pain and still rotator is in place.

40. [Kate on July 27th, 2009](#)

Well, that explains why I feel so terrible. I usually avoid doctors, but this time I had cystitis that wasn't going away. I have already been terribly ill with M.E. (CFIDS) for 47 years, but since I went to a doctor about this cystitis and he gave me Norflaxacino (I'm in Spain) I have terrible cramps and am even dizzier, stupider, more 'spaced-out' and tireder than usual, my skin feels burning and my heart is on the verge of stopping. Now I find it's probably done permanent damage and I may have tendon rupture any time in the next eighteen months. No warnings, nothing. They should all be slammed in prison, for life.

41. [Larry Christianson on October 14th, 2009](#)

I'm writing this in regards to a friend who took a Levaquin regimen twice in 5mos back in 2001 for pneumonia. At the end of the second regimen he was experiencing vision loss and is now permanently disabled with what is diagnosed as "Crones Dystrophy". Of course the medical community says the Levaquin had nothing to do with his blindness but they don't know what else caused it either. Considering all the other problems I highly recommend you avoid this terrible drug. I'd love to know if anyone else has experienced this particular side effect.

My heart goes out to all of those affected by it.

By
[T. Clark R](#) (New York) - [See all my reviews](#)

This review is from: [Certain Adverse Events \(DVD\)](#)

This is a wonderful and frightening film - wonderful because it gets the word out about the very real dangers of fluoroquinolone antibiotics and frightening because of the denial of these problems in the medical community. All antibiotics save thousands of lives . . . fluoroquinolones also destroy thousands of lives. I was a healthcare provider at one of the top ranked teaching hospitals/healthcare systems in the US. I was prescribed cipro for a hospital acquired infection despite my repeated protests that I did not want a drug from this class. The physician arrogantly and ignorantly refused to take my reservations seriously when, in truth, he could have prescribed another antibiotic. Five days of Cipro turned me from a healthy, extremely athletic 48 year old to not being able to work with my hands, run, hike or do anything remotely physically vigorous. The adverse effects of this drug are far worse than I could ever have imagined. I aged 30 years in one week and almost two years later am still engaged in a battle to regain what I can of what this drug has taken from me. The one star reviews on this page are representative of the widespread denial in the medical community about iatrogenic (caused by treatment) conditions. It also speaks to the power of marketing and downplaying negative consequences of drugs by big Pharma. This film isn't about scaring people - it's about presenting the other side of the story about these drugs - a story that you will not hear from big Pharma or the FDA. Presenting the truth is not fear mongering - denying the truth is something much worse.

By

L. McC (Ga, United States) - [See all my reviews](#)

This review is from: [Certain Adverse Events \(DVD\)](#)

I was given one intravenous dose of Levaquin, in July,2010. My life has not been the same since. Even as a healthcare provider myself, I felt there was no where to turn in the medical community. The effects were devastating, affecting my connective tissue, and my central and peripheral nervous systems. This video helped me realize I was not alone, and since then, I have come in contact with almost 2000 other victims of Fluoroquinolone Toxicity through online support groups. This video is the truth! I now have a neuro-muscular disorder and severe peripheral neuropathy from a dose that I did not even need. I was perfectly healthy prior to that one dose, and was very active physically. These medications were intended as a "last resort" for serious infections. They were not intended to be given out for simple infections, or in my situation, "just in case". Educate yourself about these antibiotics!!

By

B. Hayes (Midwest) - [See all my reviews](#)
(REAL NAME)

This review is from: [Certain Adverse Events \(Amazon Instant Video\)](#)

I'm thankful for it's existence and the existence of the internet for finally realizing what had happened to me. Almost 1 year ago, I was prescribed Cipro for and infection, and by the third day, I was bedridden. I had extreme fatigue, sore heels, and my legs were jelly as if I had just ran a marathon. My doctor was stumped, and test after test showed no issues. After 2 weeks of lying in bed, I was finally able to get up and complete menial tasks. It took me almost 4 months to begin to function daily, and by the grace of God, I am now 80% of where I was before I was floxed. I suffer from ringing in the ears, my quads continue to be

weak, and I have permanent peripheral neuropathy and muscle fasciculations. I wouldn't wish my experience on my worst enemy. My biggest fear throughout all of this was that I would become permanently disabled at the age of 35. All I can say is if you need this class of drugs, pray that they don't affect you like they have affected me and countless others.

If only I had seen this movie BEFORE I took Levaquin antibiotic:(, March 9, 2012

By

[Zim](#) - [See all my reviews](#)

This review is from: **Certain Adverse Events (DVD)**

GET THIS DOCUMENTARY - save your life, save a friend, save your family. Lots of good antibiotics out there, these just aren't the good ones! GREAT GREAT DOCUMENTARY - SO WELL DONE! This movie saved my sanity by affirming everything that I already knew was happening to me but couldn't explain. August 23, 2011. The day my life changed forever because I took Levaquin for a simple sinus infection. I only made it 5 days on the prescription before my whole body started shutting down, couldn't walk, ended up in wheelchair, and by the Grace of God, not Dr's, I walk with no wheelchair, walking boots or crutches anymore, but walk with pain and move with pain every single day, but sad to say, I'm one of the "lucky" ones. I'm 40 years old and 6 months before my 40th birthday, Levaquin destroyed my health. I can't work and was very successful. I can't think straight and have brain fog all of the time. I spend much of my days on the couch or in bed from pain. 6 1/2 months later and every day is a struggle. That's great that these drugs can save lives, that need saving. Sure, there's a risk, but if you're dying, you can afford to take a risk. I WASN'T dying - I had a sinus infection and now I'm disabled and Dr's have absolutely no treatment for this devastation. For those that wrote poor reviews, take Levaquin, take lots and lots and lots of Levaquin if you think it's so outrageous. On the other hand, I wouldn't wish this torture on anyone, not even my enemy. Now if only I had seen this before August 23, 2011...

Cipro of None, ab on Aug. 23, 2012

Satisfaction Rating 1/5

First of, I am a physician and I want everyone to know that the medical community has no idea how dangerous fluoroquinolones are! There are bits and pieces of its dangerous side effects in the warnings, but there is absolutely nothing on how dangerous, intense, prolonged the side effects can be. Fluoroquinolone side effects manifest as a syndrome that is unknown to the medical community. That is why when you have multiple and evolving side effects, your doctor denies your symptoms being caused by taking fluoroquinolone like Cipro. The side effects of fluoroquinolones can manifest months after you ingested the last pill and the ignorant medical community will miss linking your misery to the fluoroquinolone poisons, since it is very difficult for them to believe that a pill you took 9-12 months ago can cause side effects this far out.

I was one of those ignorant doctors! I didn't learn any of this in medical school, residency or my years of practice. I trusted the FDA and their scrutiny of these drugs, and nowhere in the warnings does it indicate a fluoroquinolone syndrome! I have yet to see a single medical article on this syndrome that hundreds, if not thousands of people are experiencing. Unfortunately, I got a taste of my own medicine 7 months ago when I took Cipro for a few days for a Dysuria. At first, I noticed loss of sleep. The next day, I developed severe bilateral ankle pains, unable to walk, and from there have had 30-50 side effects that have evolved and cycled over the course of several months!

Some symptoms were night sweats, difficulty swallowing, arthritic joint pains, severe fatigue, myalgias, severe anxiety and depression causing suicidal thoughts, severe burning in the arms and legs, and the list goes on and on. I am 7 months out since the last pill and I am still suffering, though I have noticed some improvement in my symptoms. Should fluoroquinolones be avoided? Absolutely, unless there is no alternative, which means limited to ICU setting.

I am a powerless person. If anyone out there has any clout over the FDA or any government agency, please do something to limit the use of these poisons in the outpatient setting! I was a healthy, athletic person without any past medical history and now I have between 30-50 illnesses, basically every organ in my body has been affected. I am ashamed to say this, but the best source of knowledge have been the sufferers, since the medical community has zero to offer and in fact, out of ignorance may harm you. In my experience, speaking to 10's of sufferers, including other doctors that have suffered, you will get better in time. Meanwhile, you will suffer for months and possibly a few years.

=====

Nothing like asking your doctor for a Z-pack and getting Avelox. On my first attempt with a new primary care physician I was told to take Avelox for a sinus infection. Three days in my back froze and I told my wife to take me to the hospital. She laughed at the time, but in hindsight she felt awful. At the age of 30, extremely healthy and our first son being born in four weeks, I was diagnosed with permanent peripheral neuropathy.

I lost control of my bladder, forgot simple words, my entire body was tingling (which still happens), my arms would fall asleep for 20-30 minutes (ulnar toxicity), liver issues and kidney issues. That's just a few of the many wonderful symptoms from this drug. I'm now 36 and although most symptoms have faded a bit (which I believe is due to some very big dietary changes), I still get the occasional flare up. I am proud to say i am sober of antibiotics since the incident. I actually haven't put a single drug, including Tylenol, in my body in 5 1/2 years.

I was golfing at TPC Sawgrass on a work trip about a year after it happened and was partnered up with one of the inventors of Avelox that worked for Bayer in Europe. After finding out what he did for work and telling him what had happened to me, he literally wouldn't say another word to me (that happened on hole 2, so I had 16 holes of utter silence). That's the closest I've come to secretly assaulting someone :). On 9/25/2013 10:29:47 AM

I was given cipro over 30 times in Canada with many underlying issues.. for over 25 years but never made the connection. I was then given Levaquin with prednisone back to back 4 times in a year and a half period. I took a delayed reaction..My right tendon in arm went and never healed, then my left buttock and nerve went, then I woke up feeling like I had ALS, I was literally electrocuted from the inside out covered in hornet like stings, vibrations, electrical currents, for over 5 months. I finally put it together but could not get any doc to help me or acknowledge it.

I lost the use of my legs due to now sensory poloyneurpathy and have nerve pain in the sacrum tail bone that feels like a drill, stomach issues, vomiting and can barely move in inch.. I wish I were dead compared to this..This damages the DNA genetically so you are ruined.. Also I lost my right eye from a tear, have no vision,.. It is past criminal. Please do not risk it. it is also accumulative as I got through a lot of it prior, it takes only one or a few but it will destroy you. On 9/25/2013 10:14:54 AM

=====

This is so true. Years ago I developed fasciitis after taking these antibiotics. I read the insert from the drug packaging, so I knew that this caused connective tissue damage. There was also a lot of people at work that suddenly developed the condition as well, and my sister had suddenly torn a ligament, never having had this type of injury in her life.

She had taken Cipro. When I asked my co-workers, most of them had taken Cipro at some point - some recently, others a while before. There was an epidemic of fasciitis and similar conditions around the time Cipro became popular, and I did not think it was a coincidence. I tried warning people but most did not believe me. Posted On 9/25/2013 7:56:07 AM

Movies4Grace > Matthew DeLaney • 2 months ago

For the sake of your patients, I urge you to treat the eardrops with the same caution that you do the oral meds. My 17 year old son is getting ready to begin PT today for the 4th Achilles injury since he was given these ears drops a few years ago. It hasn't ruptured but about once a year, he has to wear a soft boot cast to rest it due to inflammation. We just found out on Friday that his peroneal tendon in his left ankle is messed up and he does need surgery on that one. Prior to these ear drops, my son was a ferocious athlete and NEVER had any issues. NEVER complained of pain; never even took a Tylenol. Since these ear drops, I have his Ortho doc on speed dial.

Jodie McGuire > Matthew DeLaney • 2 months ago

Matthew, I was systemically "floxed" by Cipro eyedrops. Upon my 4th administration (2 drops, each eye, every 2 hours) I went into a severe central nervous system reaction that consisted of whole body tremoring, SEVERE anxiety and panic, elevated blood pressure, burning of hands and feet, profuse sweating, nausea and diarrhea. All within less than 20 minutes of last dosage. It's been 2 months since exposure and I continue to suffer with CNS, neuro toxic and whole body systemic symptoms. I can ASSURE you, it's not the power of suggestion by reading what Cipro can cause that I have ended up here. Cipro causes much more than just tendon damage and in my case thus far, my tendons have been unaffected but my brain and central nervous system have been ravaged. I am a perfectly normal well adjusted and educated woman, who had zero CNS, emotional, or mental symptoms prior to this exposure. If Dr.'s here stories like mine and dismiss them, then we are still missing the boat. I thank god everyday that my Dr. knew me well enough to take this seriously when I ended up in the ER after a few eye drops. My Dr. and I both "know" I have been poisoned, there is no other explanation for my condition. Voila, take come Cipro and fall apart, no coincidence there... Please take my warning seriously and do not prescribe these meds EVER! I don't care if it's oral, eye or ear drops, they don't belong on the market and should be banned as soon as possible. Thanks for listening.

Gail Orth Aikmus • 2 months ago

In February of 2011 I fell ill with a COPD exacerbation, and went to my pulmo specialist and was prescribed Avelox, and prednisone. Within 24 hours of taking the meds I was in pain all over my body, having panic attacks, felt like I had been hit by a bus. I called the pulmo's office and told them something was wrong. I was told that prednisone was a horrible med, and the side effects were bad, but keep taking it, I would feel better. I kept taking it all, two days later I was worse and called them again. Now I could barely walk, the pain in my legs, and arms was tremendous. I had to use the wall to keep from falling over. I felt like my heart was going to pound out f my chest. Once again the pulmo office said, the doctor understands, but keep taking everything, you will feel better. I completed the course of Avelox, but was still oin the prednisone and not getting any better, I was getting worse. One night it was so bad, I couldn't breathe and my son took me to the emergency room, where I was admitted and placed in the Critical Care Unit. For the next 9 days I was pumped with massive doses of solumedrol, and more antibiotics and was released barely waking on my own. I got home and laid in my bed for the next two weeks only getting out of bed to use the restroom a few feet from my bed, hanging on to something the entire way. My son took me to my primary care doctor as I seemed to be getting worse. Diagnosis – Severe Adverse Reaction to Avelox!The reaction was worse due to the steroids I was given. I was all but bedridden for the next 2 months, then went to using a wheelchair, to a walker, to a cane which I still use 3 years later. My heart, liver, and lungs were damaged. I went from 68% lung function to 29% lung function. Am now on disability, and living a life limited as to what I am able to do.

After 2 years of not healing from the reaction, I was diagnosed with Fluoroquinolone Toxicity Syndrome. I went from driving a patrol car in February to being labeled permanently disabled in 7 months. I now have chronic tendonitis throughout my body,(not just the Achilles like the commercials indicate,) lung function 29%, pulmonary hypertension, diastolic heart failure, joint issues, muscles issues, cognitive issues, neuro seizures, and the list goes on. How could this happen,this is an antibiotic!

Hundreds of thousand of dollars in medical testing later, and no less than 15 different doctors, I still have no answer as to how, or why this happened to me, and am told there is no "cure." I just want my life back.

It fails to mention the fact that Levaquin has the ability to cross the blood brain barrier! This happened in my case, treated for pneumonia in 2010 hospitalized, and have to say was worse after the meds were administered but didn't understand at the time, as they were all running around the DOU saying I was just very sick and may not make it. Not one person stopped to think for a moment I was looking worse and blown up like a balloon since being admitted and the following day was having trouble moving my legs..I ended up on this medicine for almost a month and not once was I ever told of the side effects or how possibly dangerous the medicine itself can be! I didn't figure it out until being sent to ER last year after only taking a few doses of Cipro. My life is forever changed and not for the better!

Nick • 2 months ago

Doctors reading this. Please restrict use of Cipro. I am 36 year old male, no medical history, healthy as an ox. Lifted weights vigorously and exercised daily. Prescribed Cipro for 7 days for a suspected urethritis in an emergency room setting. (turns out no infection) I initially had peripherally neuropathy, body wide tendon pain, photosensitivity, mood changes, gate changes, muscle twitching.

I have been out of work for 2 months, had 2 mri's, and am having a difficult time walking. Pleases docs listen to us patients. I guard my health now like crazy. I can't afford to be disabled for the sake of my kids.

simo • 2 months ago

I went from a fantastic athlete to someone who has to lead a very delicate life thanks to Cipro. I started falling apart at the age of 43 following a 30 day dose of Cipro. I have had seven joint surgeries and am presently battling dual torn rotator cuffs and dual frozen shoulders for no reason at all. These antibiotics affect the young, the old, healthy people, people with preexisting conditions, men, women, children Since the adverse reaction can happen while on the medicine or months afterwards, people don't realize that their torn achillies, torn rotator cuff, permanent nerve damage, dissolving cartilage body wide... is a result of this drug. How can an antibiotic do this? Well, it can and it does because my life has been ruined by Cipro. Please ask for a non fluoroquinolone antibiotic because they are rarely needed - only in life and death situations. Avoid Cipro, Levaquin, Avelox and the rest at all costs.

Amarie • 2 months ago

These drugs do not discriminate based on age. They adversely affect patients at ALL ages. My life at the age of 36 was forever changed by Cipro 7 months ago. I was given Cipro post surgery. Prior to, I was an active, healthy half marathon runner and cyclist. After Cipro, I lost my ability to walk. I have several tendon issues and neuropathy, gait issues, migraines, etc..I continue to fight for my health, my surgical area never healed correctly; my circulation has been compromised. Cipro crosses the blood brain barrier, the damage to the body is endless. Fluoroquinolones should be saved as a last resort, not a first! If every doctor took the time to read all the possible side effects of taking a fluoroquinolone, I am sure people would decline to take it

Levaquin and Prednisone ruined my life. I was a 41 year old healthy, active male and went to gym 4 times a week. Ate right and lived a ridiculously healthy lifestyle until I went to my doctor for a persistent cough 6 months ago. By day 9 of treatment I could barely walk. 6 months later I am shopping for scooters and re-planning my new life as a soon to be disabled person. Last August I could do cartwheels, now I can't walk through a grocery store. Thanks Doc.

Hurt by Levaquin • 2 months ago

I was given Levaquin for community acquired pneumonia 4 months ago. I suffered terrible insomnia, anxiety, chest tightness, shortness of breath, a heart arrhythmia and diarrhea. When I reported these issues, I was given several tests on my heart (which checked out okay), but the drug was continued (7 days of 1 X 500mg). After getting off the drug, I began having tinnitus, tendon issues and joint aches. The tendon issues, joint aches, tinnitus, anxiety and insomnia are still a major problem for me today. The drug also did something with my female hormones. I missed three

menstrual cycles and when I finally had a menstrual cycle it was

extremely long and painful.

The insomnia is the worst I have ever experienced. I sleep 3-4 hours total each night in 20-30 minutes bits of sleep. I used to be an avid hiker and biker. I used to walk my dogs for 45-60 minutes per day. Now, I cannot get much exercise as my left Achille's tendon is in constant pain. And, I am too exhausted to do anything outside of going to work, and I am lucky I can still make it through a work day. I was administered this drug while in the hospital with NO WARNING whatsoever from any doctor or nurse. Had I know about any of these possible side effects and the fact that they last for months, years or maybe forever I would have NEVER taken this drug. I learned about many of the side effects by experiencing them first hand. I hear some doctor's think that the patients feel the side effects only after learning about them. But my side effects came first and I then I went looking for the information.

I thought I had a unique reaction to Levaquin, but AFTER experiencing the horrors of this drug I went searching for information on how it effects patients and I found thousands of people just like me...people who are still suffering pain long after taking the drug. How is this possible?

What happened to the doctor's oath of "do no harm?"

This experience has made me very cautious about doctors and medications.

Laurence Coulter • 2 months ago

I was given Cipro by my family physician to fight a prostatitis infection. One month and 3 pills later I started to get pains in my achilles, I am now 2 week in and both my legs are seized to the point where I cannot feel them. I have on and off fevers, mild hypertension, numbness, and depressed because it's now spread into my hands and I love to play the piano. My neck is going in spasms, and it just keeps getting worse. I would love to see this drug treated more like chemotherapy, hospital administered and life or death situations. I was dealing with prostatitis, I was planning on going out west to work the oil fields. Now I cannot walk, wasn't a fair trade off.

Kara Powers • 2 months ago

I took 2 levaquin 500 mg pills on two separate days, which set off extreme joint pain, and coughing up blood. By the time I got to the hospital in o2 was 68% and my body was shutting down. I was on a ventilator 3 1/2 weeks and given up. I pulled through but the pain has never ended in all my joints, al it destroyed every muscle in my body. I have been on walker...and been completely useless. I was 28 years old when this happen, I was perfectly healthy. worked and lived on my own, now I am disabled and depend on other for all my needs. I moved back to VA to live with my 77 yr. grandmother. Since I was 18 I lived on my own and depended no one but my self. I also have coded 9 times and been ventilator 10 times with respiratory failure. I was given 6 month to live. Between

the respiratory and pain I don't know which is worse.. Also I am became CO2etainer. I stay so exhausted. Three months ago I worked hard I actually got off the O2 during day and just wear it at night, but that is over now and back to where I was 3 years ago. Does anyone lung problems does? also, the doctors just call it idiopathic Interstitial lung disuse, I have been treated with super high doses Steroids and Cytosan and many other meds. I actually got off steroids 18 months, but currently right back .. feeling disgusted.. any response greatly appreciated..

Jul 10, 2011

Quinolone Poisoning

by: Richard Schaefer

I was prescribed Levaquin about 5 years ago for a bladder infection. I was 51 at the time. Within 3 days I couldn't walk up stairs with out significant pain in my ankles and knees. I called my doctor and he said there was no connection and to keep taking the drug. I had never had a pain in in a joint in my life prior to that and knew it was no coincidence. I went online and was shocked at the amount of information regarding Quinolone damage to connective tissue. I immediately realized I was another victim - among many thousands. Over the past 5 years I have experienced periods of partial remission - but the pain and stiffness always returns - flaring up in one joint and then another. A few months ago the pain increased and the remissions have stopped. Now, it's just spreading and becoming more debilitating every day. There is no cure, treatment or hope. I must stress these side effects are not rare - just under reported or ignored by the medical establishment. I wouldn't take these these meds again even if it were a life and death situation.... Quinolone is poison.

Jun 04, 2012

Nightmare Now Happening

by: Anonymous

I believe I took just one quinolonone antibiotic threw it up and it was still enough to do damage. There must be a natural way to reverse this. I'm a runner and I have lumps on my legs and my joints and tendons are painful. I have never experienced anything like this and I think this is too evil for it not to have happened by pure coincidence. Someone knew what they were doing.

Apr 02, 2014

Floxed with Levaquin in January, joint pain and tendonitis

by: Melinda

After two rounds of other antibiotics I was given Levaquin. After 4th tablet of 500mg I was unable to walk due to Achilles tendon and plantar fasciitis. I got a headache, joint pain, earache, dizzy, unable to concentrate, nausea, heart palpitations, anxiety, insomnia, in that order, very quickly. I stopped taking the pills, looked up my prescription and found out about Fluoroquinolone poisoning.

Doctor agreed I'd been floxed when I went to see him the following Monday and gave me a Vit B12 shot. Everything else I've done on my own over the internet

I share my story with the hope of saving others from a life of being floxed.

Because I have widespread tendonitis, my story will be brief in effort to save my hands from pain.

I was prescribed Cipro in April of 2009. The test result showed that I didn't have an infection, but was given Cipro and told to take it "Just to be safe". Little did I know the next five pills would change my life forever.

I felt off the next couple of weeks, almost in a daze with increased anxiety and fatigue. I contributed this to over extending myself at work and fought through it knowing that summer was just around the corner. Then I woke up one morning and had severe pain in my fingers on my dominant hand. Within a week I had this crawling/tingling feeling in my forearms and was unable to perform any repetitive task without getting this extreme nauseous feeling. Within three months my lower body was experiencing similar symptoms as my upper body. Other than my core my connective tissues throughout my entire body felt like string cheese and as the days passed I felt I was being pulled apart physically and emotionally. The next year would bring a long list of side effects including: widespread tendonitis, hives, joint pain, extreme muscle aches, pulsating nerve pain and the list goes on. Because I had been athletic and active all of my life with no prior health problems my symptoms became quite alarming.

I was then misdiagnosed with Rheumatoid Arthritis and given more prescription medication (Prednisone and Sulfasalazine). Some of my symptoms improved while others became worse including my hope for returning to health. When answers from my doctor didn't make sense I went searching for something that did. On one of my darkest days and the one year anniversary of taking my first Cipro pill, I opened my medicine cabinet and found the Cipro bottle staring back at me. I never did take all ten pills that were prescribed because of how sick they made me feel, but I also never connected the dots that this antibiotic could be the cause of my living nightmare and literally poisoning my body. The research began and quickly I discovered the answers I had been so desperately searching for. These answers made perfect sense and put light back in my life giving me strength to press on. Throughout this entire experience the worst was the unknown and though I was terrified reading others stories, I also felt comfort in knowing that others had survived and some even recovered.

I was prescribed a 2 week course of Cipro for a UTI. Within a week, I started having horrible pain in my left Achilles tendon and the back of my right knee feels like there is a constant tourniquet on it. The pain is unbelievable. I can barely walk now and shuffle along like a crippled old woman. I am having sleeping issues and am exhausted all the time which is affecting my work. I went back to the doctor's office and the "nurse practitioner" (how do they get away with practicing medicine without a license?) said, "We don't know about side effects." Why the heck are they prescribing this crap when they don't know that it can cause problems? The regular doctor e-mailed me and said I will be fine after the drug gets out of my system - that was over two weeks ago and I am still in bad pain and having severe cramps and pain in my legs. It feels like my legs are being ripped apart. My back is killing me also and I don't know if it's from this damn drug or the shuffling that I do to get around. I was a very active person before this drug robbed me of my mobility. The pain seems never ending. Where is the relief?

I was diagnosed with diverticulitis and given Cipro 500 mg twice daily which I took for 3 days. My doctor switched me to Levaquin 750 mg once daily which I took for 2 days. I had severe headaches when waking in the morning and began to notice knee, ankle and calf tenderness. I stopped the medication and called him. He changed the antibiotic and stated he had never saw this problem before.

I have been off the Cipro and Levaquin for a week now and my knees feel very weak and ankles continue to be sore. I'm a police officer and obviously cannot do my job with these conditions. I've never had knee or joint pain before and very concerned about my ability to work. I'm convinced these drugs may have changed my life forever

Took Cipro for prostate. NO DOCTORS TOLD ME ABOUT THE SIDE EFFECTS OR OTHERS' EXPERIENCE and I took it for three weeks. All my joints and muscles now hurt constantly. I haven't had a bowel movement without an enema. A month after off it, can't sleep well. Old injuries now hurt again.

I started to take Ciprofloxacin 250 mgs on a Thursday for a infection and on Saturday a.m. while walking our dogs, behind my left knee got so sore and felt like a rope twisting up, had to hobble back to our car. I called our Walgreen's and they told me to stop the medication Cipro and call the doctor on Monday. It has been over a week and I still have a problem with my left leg. I am 74 years old and was walking our dogs 5 days a week at a local park. Now I am using a walker to get around the house. My doctor sent me to a physical therapy and they told me they could not do anything to help me, as they were afraid that I could rupture a tendon, and that the area around my left knee was too inflamed. They sent me home and told me to not walk without a walker and use ice and any

inflammation spray. I wanted to try and get the inflammation down. Seniors, do not take this medication. After looking on the web, found that I am not the only one that has had problems with it. I am now wondering if I will ever get to walk normally again.

I took three days worth of Cipro as directed and my Achilles tendons swelled up so bad it took me to the hospital. They put me on prednisone and three years later I am on disability and lost a local magazine with 90 pages full color. I have not been able to work since the day I went to the hospital. It is the loss of work that one loves that is the biggest insult! I've had to stay on the prednisone but still had two rotator cuffs tear and I won't bore you with the other problems that put me on disability the very first try. Thank God for it or I would be in really bad shape. Why won't any lawyer take our cases? If you know of one please let me know. Thank you

I was prescribed a two week course of Cipro at 1,000 mg per day for a potential prostate infection. No infection found in urine specimen. Already had left side weakness from stroke in 2011 but still had mobility until starting on the Cipro. Can no longer even walk more than a few steps with walker due to severe pain in left hip and knee. I fear that I have been permanently disabled by Cipro. When using my walker, my left shoulder pain is almost unbearable

I had an infection and was prescribed Cipro and Flagyl. I got through three days before the pain in my back, sides, up my spine and the dizziness became too much. Stopped taking it, got a little better, then in four days I was in the emergency room. The doctor ran tests and took x-rays. They said it was something with the muscles in my back. The pain has been off and on for a few weeks. Hoping it gets better and, I am a relatively healthy person who exercises frequently. Never had pain like this before in my life

I have had a recurring urinary tract infection since Sept 9 of this year and have been given a few different antibiotics. I began to look up the medications on the internet and was astounded at the side effects of the drug, ciprofloxacin. Last Feb, I had had a UTI and shortly thereafter, I experienced terrible burning in my feet and I could not walk even a solid hour before I had to take pain killers. Even my comforter at bedtime hurt them. I never put two and two together until today. I was prescribed Levaquin and Ciprofloxacin. I saw my endocrinologist in March and asked him if I had diabetic nerve pain (I had seen a commercial on tv) and he said my diabetes was never bad enough to cause it.

Later on in June, I had to quit my job because I could no longer complete the tasks without being in severe pain. My upper arms hurt so much that I could not fully dress myself without my husband's assistance. In July, I started to see a new internist and he tested me for neuropathy and confirmed that I had it. Once again, this Fall I had been prescribed Cipro two times. I have shooting pains in my arms, legs, hands, and feet in the strangest places as well as vision problems even though the ophthalmologist says I have good eyesight. From now on I will not take these drugs and I pray that my symptoms will go away so I can lead a full life again.

My cat bit me, so I was prescribed Cipro to prevent infection. After talking to my Dr. and telling him I'd rather have a different antibiotic he told me "No, this is pretty standard." I called him two days later complaining about joint pain - I didn't receive a call back until the following Tuesday. It's been over two weeks since I stopped taking Cipro and the pain is less, now. It was increasing and spreading across my body, my right side seemed affected more, right wrist, right ankle, right knee, right shoulder - burning pain going from joint to joint. Then it began moving to the left side of my body. My left ankle is feeling the brunt of the pain today, but I'll tell you - last week, I was worthless. I laid on the couch doing exactly nothing when I didn't have to. I didn't even want to type on the computer, because just holding my hand and moving it caused pain. Nightly, I was getting throbbing headaches that water wouldn't touch.

After a ton of research, I read that magnesium can help. I talked to my pharmacist, and her advice to me was, "Get a lawyer," but it's only been two weeks.

I took Cipro for two bladder infections...once in 2005 and then again in 2006. After the second time, within weeks, I started having pain in my feet, hands and back. After extensive searching, since no doctor believed me, I found a name for some of the symptoms...peripheral neuropathy. Once there I was able to link the Cipro to everything. It is now September 2013 and I feel like I've been on an expensive roller coaster ride with calf cramps and issues, hormone imbalances, nerve pain and more. I constantly tell people never to take this drug but why the company hasn't pulled it and why doctors don't know this stuff and stop using it is beyond me. As far as I'm concerned, everyone at Bayer should be put in jail for life because that's how those of us who are suffering with the ramifications of this drug feel!

I took 6 500 mg pills of Cipro to treat a urinary tract infection. Two weeks later (adverse reactions are often delayed) a bomb went off in my body. I experienced hives all over my body, severe peripheral neuropathy, anxiety, depression, loss of memory, loss of reading comprehension, nausea, abdominal cramping, tendon tightness, horrible exhaustion and weakness, etc. This lasted for over a year. There is NOTHING that doctors know to do when an adverse reaction to these drugs, fluoroquinolones (Cipro, Levaquin, Avelox, etc.), occurs.

Often, the reaction is so severe that they assume that it must be from something else, not the drugs that they prescribed. My reaction is just like that of thousands of other people. Please DO NOT TAKE THESE DRUGS!!! Seek alternatives and only take these drugs if you are on death's door. Given the severe CNS side effects, I would rather die than take them again

I had a bad UTI infection. My PA prescribed Ciprofloxacin 500 mg twice a day for 7 days. So I have 7,000 mgs of this drug in my system. I have had joint pain since the 2nd day of taking this. After my dosage was completed in 7 days, I thought my severe joint pain would subside. It is so bad at night I cry. My hips feel like they are on fire. My right arm inside at the elbow has a constant burning sensation. It's throbbing consistently. I called my doctor today and was told to take Advil liquid gel caps. Okay. Aleve didn't work so I am trying this. I think this is just the beginning of my toxic poisoning from Ciprofloxacin.

In September, 2012 I had UTI. A doctor prescribed me Cipro. I asked him if it was a mild antibiotic and he gave a kind of non-committal answer. However, I was not in my home state and he inferred that it was a standard antibiotic. I started taking it and in 2 days felt really weird. I felt disconnected, had feelings of anxiety; my sleep was odd, not deep and restful, but I woke every 2 hours or so. It was, and still is shallow. I never feel like I used to when I am sleeping. My dreams are strange and not like they used to be, like it affected my brain functioning. I took it for 5 days. I didn't take the last pills as I felt so odd. I started getting suicidal feelings.

After a month or so, my skin started changing. It got really dry, but more than that, it's hard to explain, but it's like the skin and fat disconnected from the muscle. If you feel my stomach, the muscle is very firm from situps but the skin and fat hang kind of loose. It's the same all over my body. I also hardly sweat now. I sweated a lot before, had moist dewy skin and it glowed. Now, I hardly sweat, only a tiny bit on my lip and forehead sometimes. My skin is dry, and looks dull. My inner ears feel very dry. My hands have aged like at least 10 years in how they look. I lost a lot of subcutaneous fat. I can't gain weight and hardly any muscle no matter what I eat or do. I eat organic, drink water, exercise and take fish oil and other supplements. It hardly does anything. This all happened after leaving my abusive husband.

I was just ready to start a new life. I'm sorry to tell you all this, but I am suicidal. I don't think I will be able to cope with this. I really don't. I've tried. I've prayed. I haven't bothered seeing a doctor as I know what any will say. It's hard to write this. I keep trying to tell myself it's not real but it IS. Everything has changed. My knees got a little odd, like a tiny bit bowed, but not too bad. I can walk fine. The mental part is, I think, the worst thing. I don't feel right anymore, like something in my brain never relaxes all the way or feels as "deep". It is so hard to explain and the skin/muscle strangeness is too much for me. I was so healthy and worked so hard for that. I just feel my days are numbered now.

I took 7 x 500mg Ciprofloxacin in December 2012 (for an infection which didn't exist). I stopped when I started having wrist pain. Insomnia and extreme anxiety were the first symptoms, followed by horrendous digestive issues: colitis, then gastritis. I still have the gastritis today. My diet is extremely

limited: no alcohol, dairy, grains, and fruits. In January, I woke up with sharp pains in my knees, which evolved into extreme muscular pain in the lower legs, particularly the calves.

I have had CT scans, MRIs, and even an OctreoScan (doctors started looking for a tumor), which have only turned up gastritis for the moment. I have lost 11 kg. I have an appointment with a neurologist on Monday to see if the continuing knee problem is nerve-related. I have barely worked in six months. The strain on my family has been terrible, and I fear for my job. I wear elastic bandages on my knees in order to walk. The insomnia settled down after two months, and the anxiety abated only last month. Even so, I remain quite fragile and easily shaken. I wonder if I'll ever be the same.

My doctor said we don't have any proof that it was the Ciprofloxacin. Most doctors I spoke to (and I have seen a lot!) didn't want to know about it, or dismissed it out of hand. On the positive side, I've improved a lot in the last two months, even if I have a long way to go. How long will Bayer take to withdraw this from the market?

I had been given Levaquin in 8/2001 for 30 days and then given Cipro prior to biopsy for prostate cancer. After prostate surgery, I was only down for 10 days and during the 6-week healing, I was back on my feet as usual. I did construction work on my home. There was no warning about doing physical activity - just to stay out of direct sunlight. A few months down the line, things started happening to my body. In my ankles, I could feel tearing from my heel to my knees. Then my shoulders froze. When I was at work, every swing of the hammer I could feel tearing in my forearms and elbows. The most pain I ever endured, but I had to keep on pounding. It was my job!

When I went to the doctor to talk about the ankles and shins pain, he told me I was getting old now (50). I had RA in my medical history in the 1980's, but it was in my right knee and left hand. I hadn't had any problems with arthritis for 12 years, so that was the only thing to blame it on. I went to a Rheumatologist who swore I DID NOT HAVE RA, but to this day we are treating it like RA. I need steroid shots from time to time and take Indocin. It kept getting worse over the next few years and I had to go on disability in 2008.

I have so much grinding in my shoulders, neck, hips and knees, I have FLOATERS in both eyes that blur my vision so I can't read well even with glasses. I developed a curve in my spine. I have a grinding in my neck every time I turn my head. I have TINNITUS in both ears all the time. My shoulders are very boney and hurt all the time. My knees are the same on the insides of them. I have Neuropathy in my legs and feet. My toes are numb. I have burning and shooting pains in my feet. I feel like I have the skeleton of an 80-year-old man.

The damage continues to this day. I feel it keeps traveling around my body. It goes to my skull (the very crown of my head becomes painful) then down through the neck, then shoulders, arms, hands, then knees, feet. It repeats several times a year. I have been on steroids and pain meds for the last 8 years. I tried to mention this to my doctor and they don't want to talk about it. They tell me that you can find anything you want on the internet, for me not to believe it. All along they have been acting like it is all in my head. My body is so sensitive that the clothes I wear can make me be in pain. If the shirt collar is not a stretchable fabric, my neck starts to hurt and then my shoulders do too. This is a miserable way to live out my life.

60 days ago I took two 500 mg doses of Ciprofloxacin twice per day for three days for a GI infection. On the second day, I experienced muscle cramping but did not make the connection with the antibiotic. After the third day, the symptoms were so obvious that I stopped taking the medication and found the many stories of serious reactions documented in sites like this one.

I am an organic chemist, so I looked up the chemical structure of the drug. It is clearly capable of chelating doubly-charged ions like magnesium and calcium (indeed, a label on my Cipro bottle instructs the patient not to take the drug in conjunction with magnesium- or calcium-containing supplements, no doubt because it would form a complex and be less efficiently absorbed). The problem is that once it has been absorbed, it may find magnesium or calcium in the patient's body. The drug is designed to be able to cross cell membranes (and it may even reside in them for some time after treatment), so it may transport magnesium out of cells, or calcium into cells. Nearly all of the reported side effects of quinolones can be rationalized by a loss of intracellular magnesium or a problem with magnesium leakage across cell membranes.

On day 5, I began treating myself with oral magnesium supplements, but quickly discovered that the dose is limited by their laxative effects. Then I found several sites that suggest topical (transdermal) application of magnesium chloride as a 33% solution in water (this solution is called "magnesium oil"). Applying this twice a day to my whole body resolved the following symptoms within less than a week: tinnitus, focus problem in one eye, bleeding gums, insomnia, anxiety, high blood pressure (165/110 reduced to my normal 110/75 or so).

I was left with joint pain and fasciculations (muscle twitching) in my lower legs. I think that the tendon problems may be caused by vasoconstriction of blood vessels supplying the tissue, and that this constriction itself may be caused by a calcium/magnesium imbalance. Therefore I stopped all calcium supplementation and stopped drinking any caffeinated drinks or alcohol (which leads to accelerated excretion of magnesium ions). This seems to have helped. The fasciculations can be minimized by drinking a lot of water (diluting extracellular sodium?).

The puzzle still remains: why have the effects not disappeared yet (60 days after the first dose)? I think it may be that the drug is still lodged in some cell membranes, possibly making them "leak" doubly-charged electrolytes. It is interesting that the calf muscles are the most affected. These are enervated with long nerves, and any damage along them might cause problems. So I have recently decided to add fats to my diet (2 tablespoons of olive oil and 2 of coconut oil each day) to try to accelerate the flushing out of the somewhat oil-soluble drug (if it is still there!). I have noticed that I am getting stronger every day after having begun this.

I can now walk about half a mile with a cane (compared to less than 100 yards about 10 days post-Cipro when I could barely make it to the doctor's office from my car).

I hope that this information helps anyone suffering from this very frightening syndrome. Of course, I have been carrying out an uncontrolled experiment on my own body (with wonderful support from my doctor). I hope that the manufacturers of quinolone drugs see fit to carry out some responsible research on their side effects so that (a) patients at risk can be identified (I suspect that the sufferers are magnesium-deficient to begin with) and (b) a cure can be developed.

I had a bladder infection. The doc gave me a 7-day course of Cipro. Within a couple of days, I developed a little pain in my shoulder. I'm a 28-year-old male and I'm active in Jiu-Jitsu so I just attributed the pain to that even though I could not think of an instance where I injured myself while training. I also noticed that I started to abnormally forget things here and there and I wasn't thinking normally, but didn't think much of it. On day four of the Cipro, I developed a pain in my right hip. Within 12 hours, that pain dramatically increased to the point where I could not walk. I thought I had somehow dislocated my hip without actually doing anything to it.

I started to research the internet and found info on Cipro poisoning. I stopped taking it right away. A few days later, I developed pain in my left thumb and the tendon has swelled. I play bass guitar, sitar, and saxophone and I am scared that permanent damage has been done to my body which will prevent me from doing the things I love. I had to tell my sensei that I can no longer train in Jiu-Jitsu until I figure this all out. I've been training for 10 years and I fear that I'll never be able to train again because of this horrible poison. My life was great until Cipro.

I was prescribed 500 mg for 10 days of Ciprofloxacin for diverticulitis. I took the medicine for 8 days. I am a very healthy person with good eating habits, in the correct weight range for someone my height and weight (5'9" 160 pounds), and very physically active riding my road bicycle around 2,500 miles per year. On about the 4th day on the medicine, I noticed my hip joints had begun to hurt but I didn't pay much attention to it. On the 9th day, both my legs began to ache and, within a few hours, they hurt so bad that I had to go home and lay down. Within 6 hours after the pain began, everything had focused into my upper left leg. It became so sore that I was unable to even touch the leg and simply laying a pillow on my leg caused pain.

By the next morning, my leg tried to go into deep spasms and cramps every time I attempted to move it. I quickly did some research and put together the pieces of what had happened. I immediately began taking Magnesium, Potassium, and Calcium as well as an herbal detox in the form of Protandim a couple of days later. I am now in what would have been the 14th day of the medicine and the worst of the pain has subsided but I am still only able to walk across the room before my muscles either try to go into a deep cramp or my tendons start burning. I am also getting lots of popping in my ankles, knees, and hips every time I move and do some limited walking. Based upon all that I am reading, it appears any more exertion than walking across a room could lead to permanent damage to a tendon so I have spent all week in bed waiting for the muscles to get back to a functional point.

The doctor suggested muscle relaxers but I have intentionally avoided those because I could risk injury if I was not fully feeling the pain - I am trusting the pain to be my warning to minimize how much damage this stupid medicine could cause if I overexert. I would have been much better off suffering through a painful intestinal infection rather than being laid up without being able to walk and with what promises to be many months of not riding my bike.

I had a suspected UTI and was prescribed Cipro. After my third dose of 500mg, I felt as though I had been run over by a truck. All my joints ached and I could barely walk. I stopped taking it. Four days later, I ended up with a severe back ache. I took Advil and that sent me on a downward spiral. I have

felt awful since with several back pains which feels like tendonitis (I have never had a back injury). I completely lost my appetite and have lost 10lbs. Muscle weakness in my legs and arms, fatigue and muscle waste. I am not able to work. I have talked with my NP who does not believe it is the Cipro but has no explanation of my symptoms as lab work and CAT scan have all come out fine. She said there is no test to determine that it is the Cipro or isn't the Cipro, so I am left wondering what tomorrow will be like

I took four 500 mg pills of Cipro in February of 2007. I was active and healthy. I suffer from side effects to this day, including, but not limited to, muscle wasting, joint/tendon pain, clonus/spasticity, degenerative disc disease, speech difficulties, etc. I now walk with a cane. This "medication" is poison

I took Cipro in April of 2011 for an intestinal infection. After a period of a few weeks, I began to have heart palpitations and increased fatigue. This evolved over several months into severe muscle weakness, severe fatigue, constant abdominal and joint pain, loss of visual and mental acuity, vertigo, muscle tingling and spasms, weight loss, etc. Many other horrible symptoms that I can't even really find words to describe. It is now July of 2012 and I am only partially recovered. Many of these effects may be permanent. I have missed huge amounts of time at work and spent way too much money chasing this with doctors who have no idea how this could occur. I was healthy and athletic and in my late 20's when this happened.

I too would like to hear more details, I am/was an athlete until Sep 13th, almost six months ago. I am still in heaps on pain and mostly on crutches except around the house and office. Skier, biker, kite surfer, dirt bikes etc. Mainly biking, road and mountain up to 25 hours a week including Transrockies, 300 mile rides etc. I can do about 3-10 min on my trainer with no resistance, 25-30 RPM's, and almost no watts (15-20). Any advice would be most appreciated, if I can get back on the bike I will be a MUCH happier person.

Thanks for getting back this way. I am on the supplements in the "Levaquin Manual" though I have no idea if anything is helping... plus some things suggested from my acupuncturist. I have a Pilates reformer we go when this first happened, though I am limited with what I can do, it's amazing how even upper body stuff pulls on the Achilles. Both are equally bad and I still have swelling after nearly 6 months.

I do often have wrist pain, shoulder pain, hip pain and of course leg pain 100% of time. It's hard not having even a minute a day where it's not hurting. Being athlete it's hard finding an outlet and distractions. I never had any pain issues prior to this even with riding dirt bikes, snowmobiles, mtn bikes, road bikes, kite surfing, skate skiing etc etc. Swimming helps once I am in the water but getting to the pool is another story, the hallway seems like miles though I suspect it's much shorter. I

can't do my job as a real estate broker and I am having some "mild" cognitive issues. I read a book every few days but the brain isn't wasn't it used to be. Luckily I can have normal conversations, emails and some work but it still feels off. Some days my brain is great and other days I grope for words, names and details. I can't sleep which makes things even worse on this end.

Like everyone I have good days and bad days. Just making it through each day is a milestone. I keep hoping the pain will subside.

I have started some meditation and QuiGong but it's hard since I can't do much. I can't sit still or get comfortable for more than a few seconds at a time.

None of the doctors I have seen have any clue, including the one that administered the drug. 2 hours after the 500 mg IV dose I couldn't walk and my wife had to carry me to bed. It's a tiny bit better in that I can move around the home and office without crutches. The pain is still absurd and can't find anything to help that. I had my tonsils out a 7 months ago at 40 and thought that was painful, turns out that was nothing compared to this. I often have numbness, circulation problems, I am always cold, I often have painful tingling like if one hits their funny bone in my ankles and around my ankle bones.

A friend of the family has a friend that is doing PRP and swears that's it's helped him 50 plus percent. I have found just as many that it hasn't helped and in some cases have made it worse. At \$2,500 a pop and the potential of making things work has me not try that.

Anyway, thanks for your site, your kind words and for encouragement. Aside from a few internet sites and this page most people have no understanding of what it's like. Many think it's all in my head. Half the doctors I talk to have never heard of this and the other half say they don't give out fluoroquinolones,

I did know about Cipro and have avoided that. I had Cipro on our honeymoon kite surf trip and chose not to take it based on what I had read. Unfortunately I didn't know about Levaquin. It was to treat Klebsiella and was told I needed antibiotics asap as this can be life threatening so I took one dose in the doctors office and that was it.

Anyway, thanks again.

I'm a young athlete that got 10 days of 2x500mg Cipro.

My last pill was 3 weeks ago.

During the treatment I didn't have many side effects even though I drank coffee with it, but 2 days after the last one tendon pain and anxiety started.

I stopped the coffee which made some difference but the all over tendon pain stayed with me.

I'm on TRT as well and took my last shot a week ago, I felt as if it made the tendons a little more sensitive, maybe because of bodywater rushing back in the muscles and increasing their size.

Right now I'm eating only chicken, turkey, eggs, brown rice, sweet potatoes, oats, olive oil, apple cider vinegar, salads fruits and veggies.

I take magnesium, magnesium oil and also footbaths with it.

I ordered several subs (b vitamins, vitamin c, multi mineral).

Do you have any other recommendations?

I want to get 100% again to being able to train.

I feel what your going through. I was a heavy weightlifter about 5 weeks ago and after 3 cipro pills I got flexed. I have been doing whatever I can do, but I have to be really careful. I can't really push anything, just more blood flow type stuff. I get spasms in my calves all the time. I also get spastic muscles all over. After listening to others I too believe that athletic people get slammed hardest. We know our bodies we know when somethings off even a little bit. I suppose I was lucky that I stopped after 3 pills as I felt something was wrong. Time will heal most wounds. The body is a natural healer. best of luck man.

I am 10 months into this journey. I'm 65 years young. I have been a breeder of performance quarter horses and rode and showed cutting horses. When this hit me I did not go up to the barn or take care of my horses for about 4 months. My husband would bring them to the house and I would go out and give them a pat. That was about all I could manage. I have been able to work part time as a cashier in the buffet at a local casino. The brain fog thing makes it challenging, but I think that is good for me. There were many days I really thought I was dying. I know it is very hard, but hang in there. This takes so much time to heal but time is your best friend. I doubt if I will ever ride performance horses again, but I will ride again. I think even gentle riding will help me mentally and neurologically. So try to find little things right now that make you happy. I love just being outside, it is good for my mental outlook on life.

I just discovered this site and I think it will be very beneficial just being able to share with others going through this Hell. Again, Jeremy, stay positive and baby steps going forward. Our bodies took a big hit, but it will get better.
