

I've got hundreds and hundreds of pages of these stories, and it's probably only 1% or less of the stories out there.

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Imagine a drug that doesn't kill you, but instead cripples every tendon and joint in your entire body and then LEAVES you like that--permanently. That's Cipro. It'll make you WISH you were dead from it. Beware: The BLACK BOX WARNING on this poison grossly understates the likelihood, severity and duration of its horrific side effects. Take it from me--it's NOT WORTH IT. I am crippled for life as a result of this poison and there are thousands of others out there just like me. Ask your doctor for something safer (which is just about ANYTHING!) unless, of course, you LIKE being in a wheelchair.

The pain in both of my Achilles tendons started about 4 hours after taking Cipro. Next morning I went back to my doctor and she changed the prescription to Macrobid. Since then, the pain has intensified and now all of my joints are aching. My lower legs including the Achilles tendons are extremely painful, I can only walk with crutches. This is a terrible drug. I was very fit before taking Cipro, I used to race internationally. Now, I can only pray and hope that I can get out of this.

EXCRUTIATING PAIN TO JOINTS!!!! I cannot bend my knees, can't even get up from sitting position. After trying desperately to figure out why my right wrist and fingers were hurting so much, I blamed it on my job (an RN), but when the pain started to spread throughout my other joints (knees, opposite wrist, toes -yes, even those) I went online suspecting this drug and BINGO, I read all the comments here and made the connection, it is this drug, as I realize all the symptoms started right after my second pill, and have gotten worse to the point that I cannot bear weight on my extremities, support my body on my hands to even get out of bed, and writing is just horrible. I'm only 32 years old, feel like 90. The sad part is, joint pain is only slightly mentioned on the medication side effects.

I was incredibly healthy before I was POISONED by my doctor with this trash for a simple UTI. I am now a cripple. Seven days worth was all it took. I cannot tell you the HORROR this has caused me and my family, and it never ends. I have lost everything (except for my infection! It didn't even work for that!) and I hope to see the day Bayer gets their @ss sued off for the absolute devastation this poison has caused me and countless others. Shame on this country for allowing such poison to be used on unsuspecting victims. I will warn everyone I come in contact with NEVER to take this "drug" until the day I die, which at this point I pray will be soon.

Still unable to walk TWO YEARS after taking this poison and now living the life of a disabled person. Avoid this drug at all costs.

Cipro took care of the UTI but at what "cost"?... the side-effects are life-altering.

Before taking Cipro, I was extremely healthy and a frequent exerciser. It has taken more than a month out of my life (so far) and cost me more than \$8,000 in ER bills, not to mention time lost from work, family, exercise, and everything else. I will NEVER take this drug again and will tell everyone I know to stay away unless they have absolutely no other option. It is unconscionable that the manufacturer has no antidote or treatments for the known side effects. The FDA warning to seek immediate medical attention is a joke when doctors have no idea what to do.

Debilitating full-body tendon damage, joint destruction, vision damage, tinnitus, skin changes, peripheral neuropathy, extreme muscle wasting, chronic fatigue...need I go on? It's been nine months now and I'm still

COMPLETELY disabled and unable to walk because of this toxic, good-for-nothing POISON! My entire life has been utterly destroyed. I wish nothing but death and destruction on Bayer Pharmaceuticals!

Excruciating Achilles tendon burning and pain. Can't chase after my 4-year-old, can barely walk. I have lost 4 pounds in 11 days; loss of all muscle tone. I feel that a milder antibiotic could have been prescribed to me for my UTI. I was a healthy, active 36-year-old mom who loved to exercise; now I am exhausted by walking across my living room. I am trying to stay positive.

I read the reviews before starting Cipro and thought people were just too sensitive...I now wish I could turn back time. I took Cipro for 3 days and right before my last dose I started having pain in my lower back, joints and pelvic region. My hands are freezing cold and they hurt. I can only imagine that this is what arthritis feels like in older people. I am usually very active and run 3+ miles several times a week. I can't run any longer, my feet are killing me. I honestly feel like a 90 year old woman right now. Going back to Dr. I will never take Cipro again.

Pain, aching joints, heel pain, burning and tightness, sore/stiff neck & shoulder, right hip and ankles. Blurred vision and headache....I'm sure there will be more to follow. Runner who can no longer run. Was prescribed Cipro last week, took all but the last 4 of 20 pills. First noticeable symptom was the headache, then the heel pain... more symptoms as the days have gone by. Basically everything hurts... feels like I ran a Marathon yesterday, but I haven't been able to run all week...it hurts just to walk. Going to the Dr. Not sure if there's anything that he can do, but I want it on record.

Extreme tendinitis, can barely walk. Loss of balance. Intestines feel like acid has run through the system. Bloating, gas and constant diarrhea. Dizziness. Have been off Cipro for 3 months. Problems persist. I was strong and healthy, very active before taking Cipro. I was practicing yoga 2 or 3 x/wk. was strong, flexible and had great balance. Now cannot assume most poses and lack balance.

Please DO NOT take this drug. I didn't make the connection immediately, but now I know what's causing pain in my elbow, fingers, calves, back, etc. My neck is extremely stiff. I am a very active, healthy 39 year old female and feel 90 at the moment. I've never experienced anything like this before. I'm concerned about the residual side effects. Why is this medication still being allowed to harm us?

Never really added it up, but after the foot pain increased recently, I started searching for side effects of Cipro and found thousands of negative comments. Fortunately, I don't have as severe of symptoms as some here, but enough to be concerned. My feet ache very bad since taking Cipro, but isn't debilitating. Any suggestions on what to take to flush and renew? Probiotics and Omega 3 seem to be popular. Hang in there, pray, believe and exercise.

After the 6th day of taking this medication, I began feeling joint pain in my hands, shoulders, toes, knees, hips (virtually everywhere). I stopped taking Cipro immediately after these symptoms began because I researched side effects online and found mine were common. I am a healthy active 34 year old and now I feel like an 80 year old with extreme arthritis all over. My joints shift and pop and it hurts to hold a pen! Basic tasks are a struggle. I have two young children and don't have time to deal with these effects. I agree with others that state that there are plenty of other antibiotics out there and this should be used as a LAST resort.

It is now 6 months since my last 50mg tablet and life is better but I am still depressed and don't know if I am ever going to get better. According to Wikipedia Cipro is a "chemotherapeutic" agent and is "but only a handful have found their way into clinical practice.[11]The fluoroquinolone drugs are the most toxic and dangerous antibiotics in clinical practice today.[citation " If you take this drug then it is like being on

chemotherapy except for the fact that you are all alone and by the time you realize it is the Cipro that is ruining your life then it is too late and the damage is done!!!!!!!!!!!!!!!

Doctor gave this out like candy for a stomach infection - I had tendon pain within 24 hours, stopped at 6 doses. It killed the stomach problem - but did horrible damage to my 29 year old otherwise healthy body. Could barely walk due to body-wide tendon pain and joint popping. Then got diarrhea. Worried that I was going to be disabled! Now taking Magnesium Chelate, B6, C, CoQ10, Omega3, probiotics, eating bone stock trying to recover my body and flush the fluoride out of my system. The summer and possibly this year is lost - can't exercise without joint pain. Recently got muscle spasms and worried about nerve damage. Started a blog to post my research on how to cope with the damage.

Before Cipro I was a healthy competitive tennis player. Since Cipro I have had surgery on 3 of my joints and have been told that I need 2 more surgeries - hip and neck. Cipro will destroy your joints and put an end to your active life. The other side effects - extreme weight loss, vertigo, ringing in my ears, vision problems, painful nerve sensations, memory loss - aren't fun either. Stay away from this drug. It is horrible. This drug must be taken off of the market. Too many people are having problems with it. IT IS VERY DANGEROUS.

Severe, disabling tendinitis in legs and shoulders. Tinnitus (ear ringing), vertigo, insomnia. I was very healthy and active before taking this drug. I commuted to work via bicycle. 2 months later, I now have an electric wheelchair. Do not take this drug! Researching on the net I now see hundreds of people have become disabled by it... the effects can be permanent or last for years!

Cipro affects the body's ability to regenerate collagen. Basically it turns healthy tendons into string cheese. The way I recovered was to keep active. If you can't walk -crawl. If you can't crawl-roll. Every time you make a movement your body replaces the proteins in the structure. Cipro blocks this regeneration. Eventually the body will rid itself of this chemical poison. How long is an individual case by case situation. I have been there too-lying in bed wondering if my shoulder will rip out if I lie on my side. Feeling like my heels are made of steel balls clanging on the carpet. Afraid to step down a stair in fear of ripping my heel tendon. Here are some tips-Walk down the stairs backwards. Try to get into a pool-water resistance will help. Eat protein-egg whites for those amino acids. Please don't give up.

THIS IS POISON!!! If you are taking this STOP immediately! This medicine has drastically changed my life - maybe forever! I was a healthy, happy very active 30 year old - newly married and teaching to help children with disabilities until CIPRO changed my life. I first had severe joint pain in two fingers and then tingling, numbness and weakness in my upper body. It has been a year now and I was misdiagnosed with RA and since then tendonitis has moved to all over my body (jaw, shoulders, wrists, hands, calves and worst of all my feet). I used to be able to run five miles, lift, play softball, do triathlons - these were some of my greatest joys in life and it has ALL been taken from me just from taking a handful of pills for a possible infection. I now struggle to walk and do anything repetitive such as flip a page in a magazine or change the channel on the remote. Some days I don't want to eat because it's just too much work. I would choose DEATH over putting another one of these pills in my mouth. My symptoms did not show for ten days after the medication so please even if you are not having a reaction while on this med STOP now.

Completely CRIPPLED. Six months now since I took Cipro and I STILL CANNOT WALK, all tendons and joints in my body are SHOT. 30 years old and my life has been completely ripped away from me by the Bayer corporation. This is far worse than any nightmare...at least you wake up from nightmares. Cipro is 100% the stuff of the devil. If you're on it, you'd better vomit that poison back up and never take another pill (if you enjoy being able to walk, anyway). Words cannot describe what that sh*t has done--and continues to do--to my body. It is nothing short of HORRIFIC. We live in a sick world where things like this are legally allowed to

happen to innocent people and we're allowed NO legal recourse whatsoever. I want to see heads roll at Bayer HQ for what they've done to me. ANOTHER LIFE DESTROYED.

I was a regular 37 year old, no chronic pains, cancer or some strange disease before the use of this drug. I read some reviews about this drug and you get the feeling some of these people hang out in the woods doing their Au natural stuff and they may have some ulterior motives for posting. I am your average Joe construction worker. This stuff is bad enough to make me post. It started with stomach issues, bloated, nausea, turning later into severe lower abdominal pain and swelling. What has me worried is it seems I developed the muscle aches and pains during this also. It started with the heels but has since spread to what feels like my entire body. I use to run three to four times a week and lift. It is a severe struggle to do it now. It is so hard to describe but it is a whole body ache and loss of muscle strength. It's like I am missing my "reserve" muscle strength. It has been over three months since being off of it and the muscle issues are still as bad and I have a heart murmur now... I am really worried after reading some of the other peoples reviews I may be damaged for life from this stuff. During the course of the drug I would drink tons of water which I always did before anyway, and followed all other guidelines. It is still a nasty drug with horrible side effects. I know all meds have some adverse reactions but this stuff must be like one in four to mess you up bad.

"I think people should understand that side effects happen-take it from someone who takes a lot of medication. It's just up to that person to determine whether the expected outcome is worth it." I think all of us (patients) realize that side-effects happen, but when doctors tell us they have never heard of ANYONE experiencing side effects, and offer no help at all despite the long list of side-effects mentioned on the packet, the outcome is definitely not worth it.....unless you have a PROVEN infection that would not clear up with weaker antibiotics. Most people who leave comments on here and have suffered severe side-effects have been given NO medical help to deal with them. The medical profession (and manufacturers of this drug) needs to take precautions before dealing it out, or take responsibility for the damage that they cause. I am 6 months post-Cipro poisoning, and the foot pain has got a lot better, but I now have knee swelling, clicking and pain. It feels like all the nerves, tendons, ligaments and joints in my body have been affected by Cipro. Each morning I wake up wondering what will hurt today. I am grateful at least that I can still walk, and that the buzzing in my legs and chest have stopped, and that I don't feel like I am walking on scalpels anymore. Maybe one day the knees will stop hurting too. I was given Cipro for a "suspected" UTI, whilst in hospital, where I was unable to research the drug, and where I trusted the doctors.

Insomnia, stomach pain, worst of all joint and muscle pain in hips, knees, shins, ankles, forearms and wrists. I was a very active person - love to hike in the mountains, spend time with very young grandchildren, cook, bake, entertain friends, play piano, sing in a chorus, garden, etc. - Now have restricted movement of legs and hands - have great difficulty going up and down stairs - I'm totally disgusted that no one at the clinic or pharmacy warned me about taking Cipro - This should definitely be taken off the market. I'm wondering how long the tendinitis will last - Very depressing to have a normal active lifestyle altered in this manner. I was switched to Macrobid after having so much trouble with the Cipro - I'm wondering why I wasn't given Macrobid in the first place, since the warnings clearly indicate a problem especially for those over 60. I'm now suspicious of all prescription medicine, and thoroughly disgusted with the FDA for allowing Cipro to remain on the market.

I didn't have side effects as long as I ate prior to taking the pill. NOW, 6 weeks after taking CIPRO I've been experiencing muscle cramps and popping in my joints. I'm not able to do any strenuous exercise because of my toe issue (still burning pain in my toe) so I know my muscle pain isn't exercise related. It just occurred to me that my pain is likely an extended effect from the CIPRO. I would caution anyone thinking of taking this drug. I would not have taken it had I known then what I know now.

This is the worst thing that has happened in my life. I took only 2 tablets but the damage to my knee is done. I stopped taking it but the pain is so sharp, I can't sleep. I'm devastated. I read all these negative reviews and I'm so depressed. I'm an athlete. If I can't treat this pain, all my dreams will be crashed. Please please please if anyone knows how to reverse the damage this drug has done, please write what to do. This is horrible. I don't recommend this to my worst enemy. It should be taken only if you are dying. I can't believe the doctor did this to me. The doctors say it will clear but it doesn't. I don't know what to do.

Permanent damage to my vision (nowhere on the warning label!), soft tissue and joint destruction making it nearly impossible to walk, skin issues, tinnitus, pain in my teeth!!! This is not a drug, this is murder in a pill. DON'T DO IT!

Permanently disabled me! One week on this poison and my entire life ended. Can't walk, can't work, I now live in bed. HORRIFIC that the FDA would allow this nasty substance to be marketed and given out as a medicine! Absolutely horrific. If you have had an adverse reaction to this poison you MUST file a report with the FDA or else Bayer will only continue to cripple people for profit. THIS HAS TO STOP!

These side effects have been going on for almost a month. This drug has changed my life - I can no longer do stairs, no way lawn work or housework without risking tendon tears, never mind the pain - wondering how much longer I can make it into work. Clinical doses of Ibuprofen seems to help some, but not without narcotics. I am almost past the "I can't believe it" stage and am entering the angry stage. I see my doctor in a few days - the same one who prescribed it. I am not holding my breath that he will admit to knowledge of the effects - wouldn't that be a liability on his part? All I want and pray for every moment of every day is for this nightmare to cease.

Developed POTS syndrome and am now unable to work or shop or take care of myself. It's been 8 weeks, I really hope this goes away. The FDA should pull this drug. The fact is, some people have a reaction, and some don't, just like any other drug. However, if you are one of the unlucky ones, you may be disabled for life. That's quite a gamble when there are plenty of other options out there. The people out there who are mocking to those of us whose life has been ruined just because they "missed the bullet" are uneducated and heartless. I am not writing this review to vent, I am writing it so that someone else does not have to go through what I am going through. DON'T TAKE THIS DRUG!

Tendonitis all over my body, anxiety, insomnia, extreme fatigue, tinnitus, back pain, overall muscle aches, peripheral nerve pain. I took the drug over a year ago and the symptoms are still worsening. The real irony is that I didn't have a bacterial infection after all so all this suffering is for nothing. Doctors are completely ignorant of the dangers of these drugs. This is poisonous crap. Don't take it under any circumstances as it will destroy your health. Fluoroquinolones are the most toxic drugs on the market and they should all be banned from sale.

Felt as if my body was tearing apart from the inside. My legs swelled, bruised, and I could barely move after finishing the dose. Insomnia. I have never felt anything like this pain before, ever. I was diagnosed with Lyme disease/Fibromyalgia but nothing compares to the pain that I have felt since taking Cipro. Every part of my body where there are tendons is screaming in pain, feels tight, pops, and blistered. I cannot move without painful cracking and my body has swelled substantially. I cannot sleep due to the pain or the insomnia which I now have. I went to my doctor after suffering these symptoms and she refused to acknowledge that it was the drug that was causing my ailments and suggested that I see a psychiatrist. I really feel that this drug is dangerous and do not recommend it to anyone . . . The doctor who prescribed the medication refused to admit that there was a problem, even though I had bruising and swelling. I was walking like someone in their 90's.

Anxiety, insomnia, joint pain, especially in the knees, pain in the feet, tendon pain, especially in the calf muscles. Really quite remarkable that this drug stays on the market. It is pure poison no doubt. What is more confounding is the fact that my ENT prescribed this for a minor sinus infection. I am still having these symptoms after taking on three doses of 250mg each and wondering if/when the side effects will subside.

I am shocked Cipro is still on the market. I won't deny it's effective. The problem is it nearly killed me. My story is similar to others you'll read here. When I first took Cipro, I was in my 30s, active and fit, working for a large law firm . . . My doctor refused to admit my symptoms were adverse reactions to the drug . . . It was the Anthrax scare of October 2001 that alerted me to the problem. Postal workers refused to take Cipro because of the same side-effects I had suffered myself for years . . . I lost my job because I could no longer focus or concentrate.

While at the hospital I was treated with one bag of Levaquin and a ten day supply of Cipro. I had the bag at the hospital, took one pill that night at bed time and another the next morning with breakfast. By the afternoon of the second day (two pills in) my entire body hurt and I could barely walk. I went from marathon training to difficulty walking even to the kitchen. I only took two pills and have not taken another in 3 weeks. Does anyone know when the pain will go away and I can go back to running?

Tendonitis everywhere, muscle twitches, anxiety, insomnia, popping joints... Insomnia was gone in 48 hrs. The moderate muscle/tendon pain went away after 2 weeks but flares up randomly here and there. My joints pop 8 months after taking 2 of the Cipro pills. Every joint I have is creaky and pops so loud. My symptoms have slowly morphed over time. I hope in another year I'm symptom free. Fingers crossed. It's a slow recovery. And I'm 23 and was in great shape before taking it.

I was dancing four nights a week, playing cards three to four times a week and keeping a spotless home. I am bed ridden except when hydrochone is taken. Must start Navigator with a pair of pliers, cannot lift most pillows, difficulty trying to wipe in bathroom, pain is worse than child birth, vision changes, foggy thinking and pain changes places to hurt....involving two to three places at a time. This has ruined my life.

This drug is genocide, the people who say they don't have side effects is because the side effects come weeks or even months after you finish the drug, you will never be the same again, you risk losing your job, family, mind, everything, do you want to take that risk? Look for an alternative, one pill is all it takes and you will never be the same again! This is not a drug, it is hell in a pill!

Horrible joint pain, especially in both knees and both ankles. Right foot is now totally numb due to a dead ligament killed by Cipro. Now I have horrible pains in both of my shoulders and elbows. Completely bedridden now. The doctors are absolutely horrible. Totally dishonest. They tell me it's in my head. The doctor that originally prescribed me this garbage totally denies it's a side effect. I keep asking them if it is so safe why don't they take this crap. I thought doctors were upright now I know most are totally morally corrupt. I've tried almost ever supplement known, Ginkgo, Bilberry, NAC, Vitamin C, undenatured collagen - nothing works. Now trying Chlorella but it prob. won't work either. Any ideas? It's been 14 months since I got floxed and it's still getting worse.

Have taken Cipro twice and been experiencing excessive and at times, extreme, muscle and joint pain. I will barely work out or go for a walk, and feel like I've run a marathon or been hit by a truck. EVERY DAY I am sore and excessively achy in my whole body, particularly my feet and calves. After coming to this site, I realize it's from this horrific drug. I will never take a drug again without fully researching it. Good luck to everyone. We are all living this nightmare and I feel everyone's pain. I have been feeling this way for a year.

I identified Cipro and Levaquin as the cause of my severe tendonitis, tendon tears and muscle fatigue about a year ago. I was an active woman riding several horses a day and bicycling frequently. I had taken Cipro and Levaquin (levofloxacin) on several occasions for UTI infections. I had frequent spontaneous tendon and muscle tears for 6 months. Then in late 2007, my health really deteriorated when I took Cipro for UTI on an extended bicycle vacation. I spent much of next year unable to get out of bed due to extreme pain and tendon/muscle inflammation, tears and weakness. I cannot easily climb stairs or small inclines. The damage is permanent to the tendons, but extreme inflammation has decreased somewhat in year two. Research supports that athletes should never take that class of drugs because it tends to collect in the tendon and muscle causing the damage.

The following are specific to levofloxacin:

Levaquin has the capacity to destroy your life: Before taking this drug I was a healthy, 48 year old guy, now, since six weeks I'm suffering from intensive bilateral Achilles tendonitis and severe pain in other joints. I'm unable to walk, cannot continue working in a proper way. Fear I'm crippled for life! Never take this drug! If you have taken it, you cannot be sure that there is a way back to health again!

Completely crippled. Destroyed my entire life. I've lost everything because of a few days on this horrific poison that no one ever warned me could CRIPPLE ME!!! Not an hour has gone by over the past year that I haven't had to fight off the urge to just end it all. I will likely be doing just that very soon. For the love of God, if you've been prescribed this poison THROW IT AWAY!!!!!!!!!!!!!!

Joint pain/cracking all over, settling in my left and right knees and Achilles tendons as well as my left shoulder and occasionally wrists. While taking the medicine I also experienced a rapid pounding heart rate, insomnia, night sweats, really intense dreams and fatigue. Two weeks after taking the medicine I was hobbling like an 80 year old man and was unable to walk more than a few feet. Now a month later I am still experiencing pain and tightness in both of my legs. Before taking this medicine I was running and biking on a regular basis, now I am happy when I can walk more than a block or two without pain. The side effects for this drug are widely underreported, and from what it sounds like, many people experience LONGLASTING side effects. **Don't ignore the warning label on this one.** The joint/tendon issues can be long lasting and DO NOT just happen to senior citizens and people with obvious risk factors, I am an otherwise healthy, lean, athletic 27 year old who is a month later still trying to recover from my poisoning.

I took the fluoroquinolone Oct.9, 2009. And while I'm not in the same despair I was then, 1 year and 2 months later I'm still in pain. I hurt at the tendons in my Achilles. My rotator cuff, my hips, my thumbs and wrists. I also developed tinnitus and nightmares, depression and pain in the left side of my head. Anyway, to the runner wondering if he should take this drug, DON'T! I used to run 40 to 50 miles a week. The heartache I have from not being able to run hurts, I'm so heartbroken.

I quit taking Levaquin after 11 days because of the dizziness and just plain weird feelings I had. The day I quit the tendon in back of my right knee began to hurt and it was soon joined by the left tendon. It has been 2 months and now both knees and both legs are so painful. I have never had problems with my legs before. Have always been in pretty good shape; live in 2 story house. Dr. said stay off your feet. Please, how long do I have to continue to do this. Am getting acupuncture. Hasn't worked so far. I sure don't want to take any more medication. Very housebound very depressed. Don't take this drug. It's bad!!!!

I took Levaquin (levofloxacin) for 10 days. I have Peripheral Neuropathy caused by this antibiotic. PN is an extremely painful condition that lasts a lifetime-I have this pain throughout my limbs. I lost my job. I nearly lost my mind. Fluoroquinolones have hurt so many more people than you can imagine! There are those who have died from them, then there are those who took their lives because they couldn't handle the devastating

results some of us ended up with. These pills affect our nervous system - the very core of our being. Please don't use them.

Nerve pain, numbness, tingling, tendonitis in all tendons (ankles, wrists, shoulders, neck), inflammation, swelling, muscle and joint pain and weakness, impaired mobility, agitation, feelings of panic, depression. Side effects had a rapid onset and show no signs of improvement. The doctor who prescribed this was poorly informed about the drug and offered no assistance with adverse effects. I feel my life is destroyed and there is no help or hope. This is a dangerous drug and should not be used for minor medical complaints.

I was only 28 when I took Levaquin, was an elementary school teacher, and a healthy active person before the toxicity poisoning. I have had to be in a medical bed, utilizing wheelchairs, and occasionally a walker for almost 2 years now. Medical bills are piling up, I can't work, and I've been left disabled in chronic excruciating daily pain.

Sorry for my English, I'm writing from Heidelberg, Germany! Levaquin is going to destroy my life. I took on advice of my urologist. Five weeks after finishing the medication the hell on earth began for me. Up to this time a 49-year old, healthy man, successful in his own office, hiking, running, I am now a wreck. The pain in my ankles is hardly to stand, I cannot use my feet, because of a tendinitis. I'm really despaired. How can my life go on? I have a wife, she is a housewife, two daughters, I fear I cannot work anymore. Think, this drug has destroyed my life ...

I wish I had read up on Cipro on the internet before taking it – the drug insert doesn't begin to adequately describe the potential life changing side effects – especially how long term or permanent they can be. In addition to the tendinitis, I have also developed severe blood sugar spikes (Type 2 diabetes), dry eyes/mouth/sinuses/skin, tinnitus, and some sort of weird “facial neuropathy” or trigeminal neuralgia starting around month 8 post Cipro (right on schedule, according to “The Flox Report”). Read these stories, and please realize that if you take a chance with this drug, what the potential outcome can be. My recommendation is that fluoroquinolones should only be taken as a last resort, if 1) it's a life or death situation, 2) you have a proven infection diagnosed with a culture, and 3) there is absolutely NO other antibiotic that can be used for your infection, based on the culture.

Don't ignore the drug insert warnings on this one; understand that the listed side effects are vastly under reported and understated in terms of potential severity and duration and prognosis, and think long and hard before you play Russian roulette with these antibiotics. Google “fluoroquinolone toxicity” for more information on this class of antibiotics, or visit Askapatient.com and type in the specific fluoroquinolone for the reviews.

I have not been back to these forums in quite a while. In fact, I think being away from them actually helped me get better.

To all who are suffering here, please know I went through 3+ years of hell with this affliction from taking 10 days of Tequin (Gatifloxacin, removed from market May 2006) and I can tell you it does get better. I had all of the symptoms, ie burning all over my body, off-the-chart anxiety, muscle spasms everywhere, dizziness, sleeplessness, etc. I am not 100%, but I am probably 95% which is better than I ever thought possible. Life is a happy place again and I know it is only going to get better.

What helped me get here?

1. A positive disposition is absolutely the most important thing. I realize it is hard to be positive when you are in pain and scared to death, but you have to believe in yourself (and God if you are so inclined). You will get better!! Seek psychological help where necessary. I did and it really helped ground me. Drugs aren't the answer, but dealing with the depression and anxiety is an absolute necessity.
2. When the flare-ups come and they will come (sometimes after months of virtually no symptoms) - accept them for what they are, the body's attempt to deal with the changes these drugs present.
3. Stop dealing with doctors!! They can't help you heal. They can provide some medication which can aid in comforting you, but those medications should be used sparingly. You can see as many specialists as you like. I saw them all. In many cases, all they will do is add to your anxiety and depression.
4. Stop listening to all the madness that other sufferers relate. There are no miracle cures. Chicken isn't the problem, soy isn't the problem and putting yourself in a hyperbaric chamber isn't going to solve the problem. A positive mindset, belief in your body's innate ability to heal and time are the only things that will help.

For those who have questioned whether anyone ever gets better the answer is yes. Thanks to God and a positive disposition, I am living proof!!

Please believe...

John

The following are from “The Flox Report”, a non-medical report written by non-medical authors. 42 floxed athletes were interviewed in detail, and hundreds more were interviewed in an attempt to characterize this toxic syndrome, predict the progression of the syndrome, and provide a prognosis. References for this paper were as follows: [BIBLIOGRAPHY-REFERENCES](#) *We have consulted nearly 5,500 abstracts, summaries and full articles about quinolones’ adverse effects. We have purchased the right to access some medical reports. For a more complete list of references, visit www.fqresearch.org.*

The recent experience with the U.S. postal workers (some thousand treated with up to 60 days of ciprofloxacin) presents figures very similar to those in table 2. It is the first time in history that a large group of people was treated with quinolones for an extended period of time. For instance, in a medical survey study on that population, (conducted by the Center for Disease Control, the federal agency based in Georgia), only one month after the therapy, 70% of patients had one or more adverse effects after the first half of the treatment (30 days); 25% of patients had joint problems after the 30 day mark; 23% of people experienced fainting, dizziness, or seizures in that month. These figures have been a sort of a shock for the doctors in charge of the survey.

The report on the postal workers has not included the rates of adverse events after 60 days of treatment, but surely they would have neared 100% if the workers had been re-questioned some months after cessation of the therapy. So, where is the supposedly “rare incidence of less than 1%” that Cipro boasts in its package insert? And why hasn’t the FDA drawn any conclusions from this experience 2 years after the survey was done? There is a strong opposition from the drug manufacturers and the FDA to study this field experience in detail; once again to avoid responsibilities and/or liabilities with respect to the workers. With this irresponsible attitude, many more thousands will keep enlarging the group of the quinolone-damaged persons.

1. THE PSYCHOLOGICAL ASPECT IN SEVERE REACTIONS

You were a young active person, lead a healthy life, and ate healthy. You had a good job and were a brilliant professional. Your family is lovely. You merely had a minor health problem like a sinus infection, a sore throat, a urinary tract infection or a suspected or actual prostatitis. You trusted your medical system and you were prescribed a quinolone antibiotic. Finally, you have had a severe reaction.

Now you cannot play any sport, not even playful wrestling with your children. You have cognition problems that disrupt or stress your career. You can hardly sleep. Your vision is constantly bothering you, reminding you all day long that you are ill. You feel constant, intense and strange pains, you cannot sit in any comfortable position, you have problems getting in and out of the car, and you resemble an 80- year old man. You have to watch what you eat carefully, so you are barely able to attend social events anymore. For months on end your symptoms get worse by the day.

Some nights you cry in solitude. You have little understanding and/or compassion from your loved ones because you still look normal on the outside. It is 3 years since you got hit and your youngest child does not know what you were like before the floxing because he was too young; he only knows you as a permanently ill father that cannot even eat normally. Perhaps your co-workers think that you are exaggerating or pretending that you are ill. Your doctors are not willing to listen to you correlating your problems and symptoms to a fluoroquinolone antibiotic. After a year or so, your symptoms have gotten worse, but surprisingly all of your acquaintances, friends and relatives give up sympathizing with your situation because it is lasting so long, so you start to feel more alone. Many suggest, or tell you boldly, that your problems are all in your mind.

Most tests are negative so you remain undiagnosed. All severe cases reveal abnormalities in neurological studies but they are attributed to physical compressions for instance and they offer you a surgical release that you know won’t fix anything. Nothing seems to help with your recovery. Nobody seems to have any knowledge about your disorders. You spend enormous sums of money and time on doctors and palliative therapies. Your daily life is a constant struggle

against your illness, and you cannot release yourself from your daily obligations because nobody acknowledges your chemically altered state, and so you become stretched to the limit.

After the first stage, in which you just fight for mere physiological and psychological survival, one day you find yourself staring at people just getting out of the car, sitting in awkward positions, walking up stairs, walking normally, eating normal food in a good restaurant, planning to trek, bike, travel or play, and dream of a day in which you will also do it as effortless and so unaware of doing so as you did before the floxing.

Note:

Try to seek help from loved ones and caring doctors.

You will need it.

You are going to need some help, either from a professional, your family, from friends or from support groups. But it is very difficult for a non-floxed person, even a loving and caring one, to truly grasp the magnitude of your chronic suffering from a quinolone antibiotic. This is not a matter of weeks or months, but of many years. After 2 or 3 years you cannot remember any longer how it was like to feel physically normal. You become increasingly weary and long for a normal life. You are scared about the permanent injuries you seem to be facing, and above all you do not know what lies ahead in terms of limitations and deterioration. Your mental drive sometimes falters and you are overwhelmed by the floxing in every way. Depression will linger. Suicidal thoughts are not uncommon, but in most cases, they are short lived or insufficiently based, although repetitive. Some floxed persons have taken their lives.

Be prepared for very distressing and disheartening states of mind and body and be determined to keep moving forward. Stay positive as much as possible. Time is your only real friend in this unequal and unfair fight. Mild and intermediate floxings usually have a happy end. After a severe floxing it is unlikely that you will recover your former self entirely. And after realizing it you will have to admit it and then restructure your life because of it.
