

# Should We Help Uropathogens Get Fitter?

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## Aims –

- To assess whether prophylactic antibiotics altered the diversity and fitness of *E. coli* present in UTIs in catheter users.

## Why? –

- £1.5 million is spent treating UTIs in catheter patients.
- Prophylaxis would cost a further £8.5 million but patients receiving it reported reduced symptoms

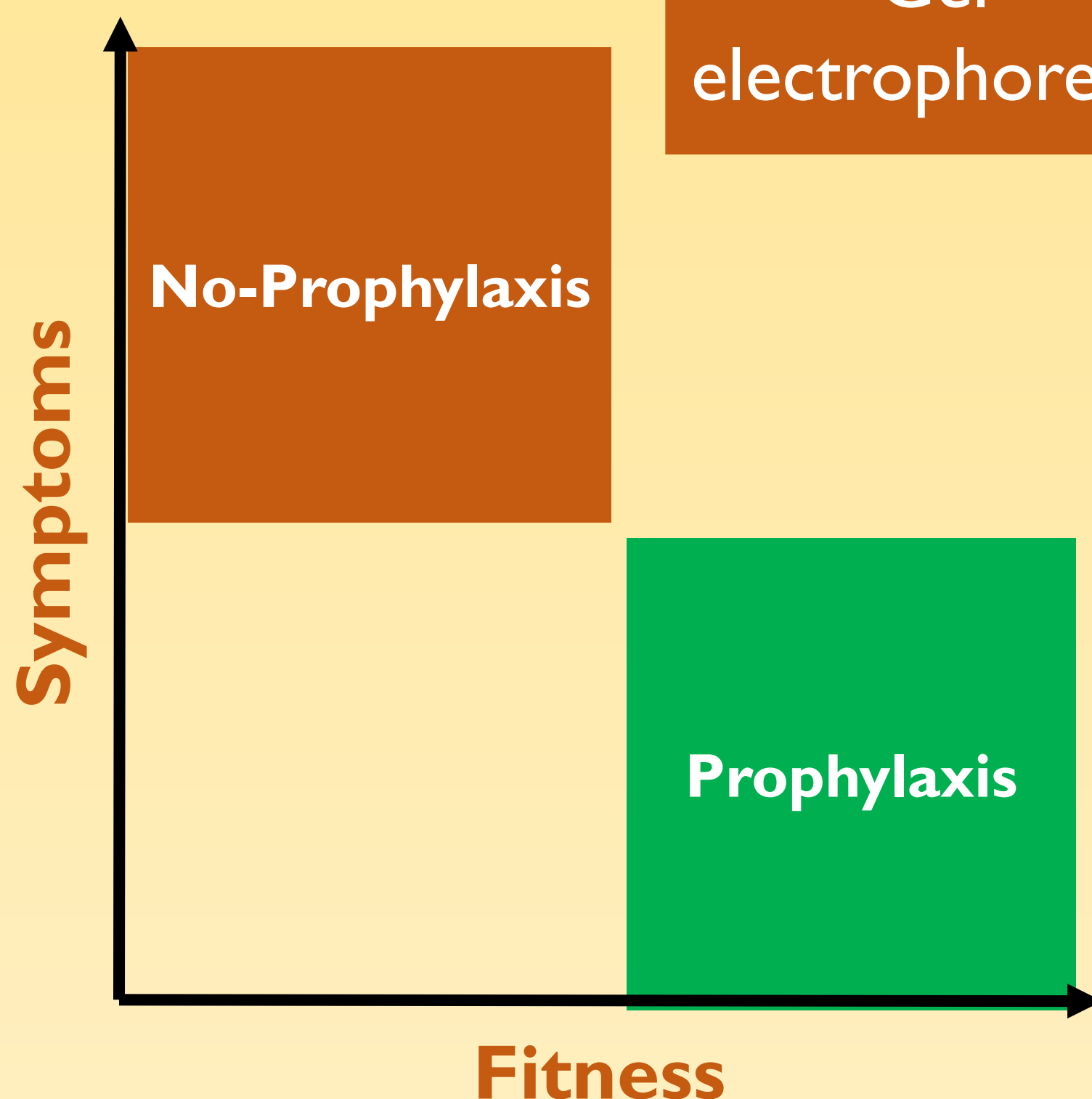
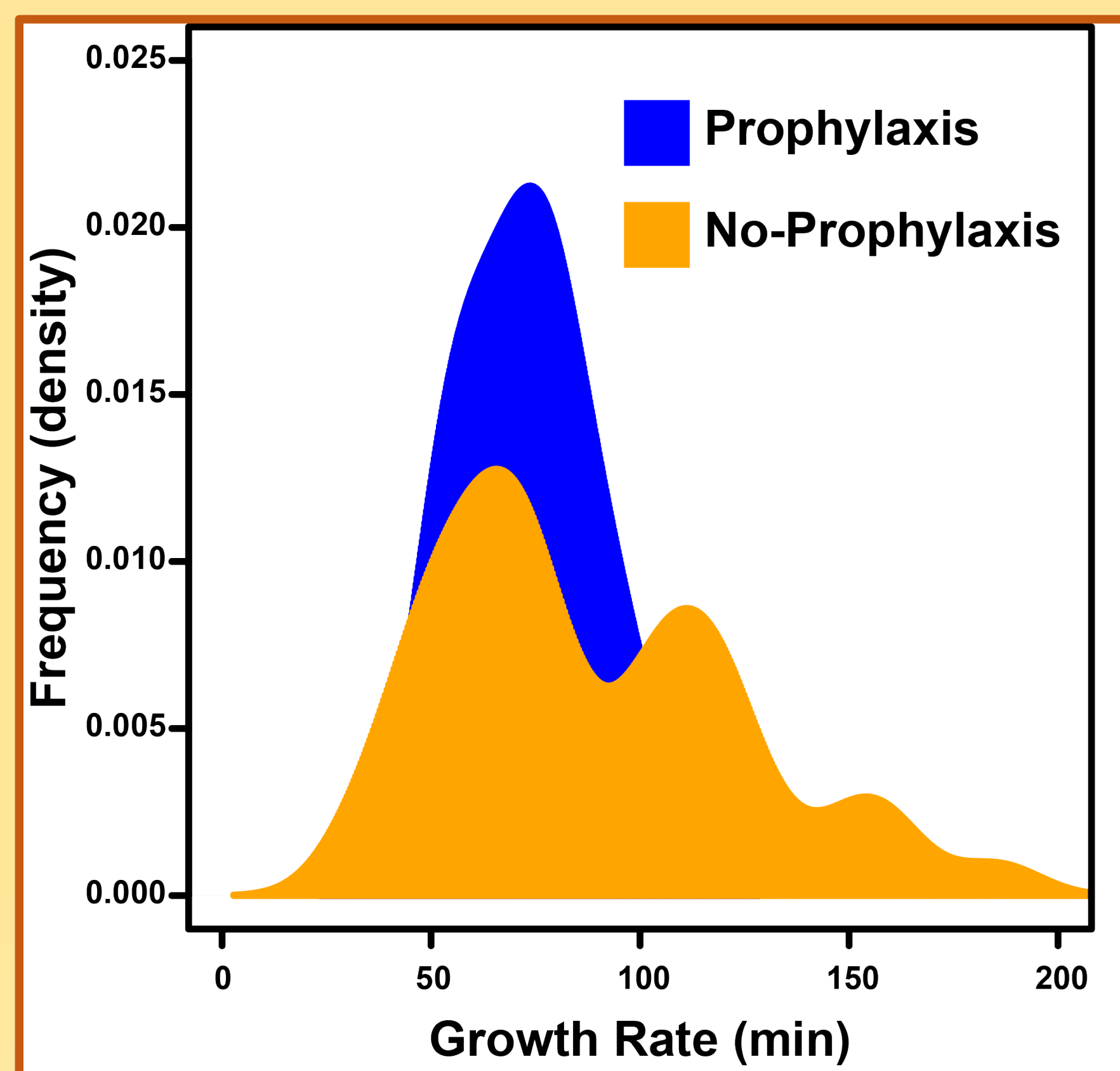
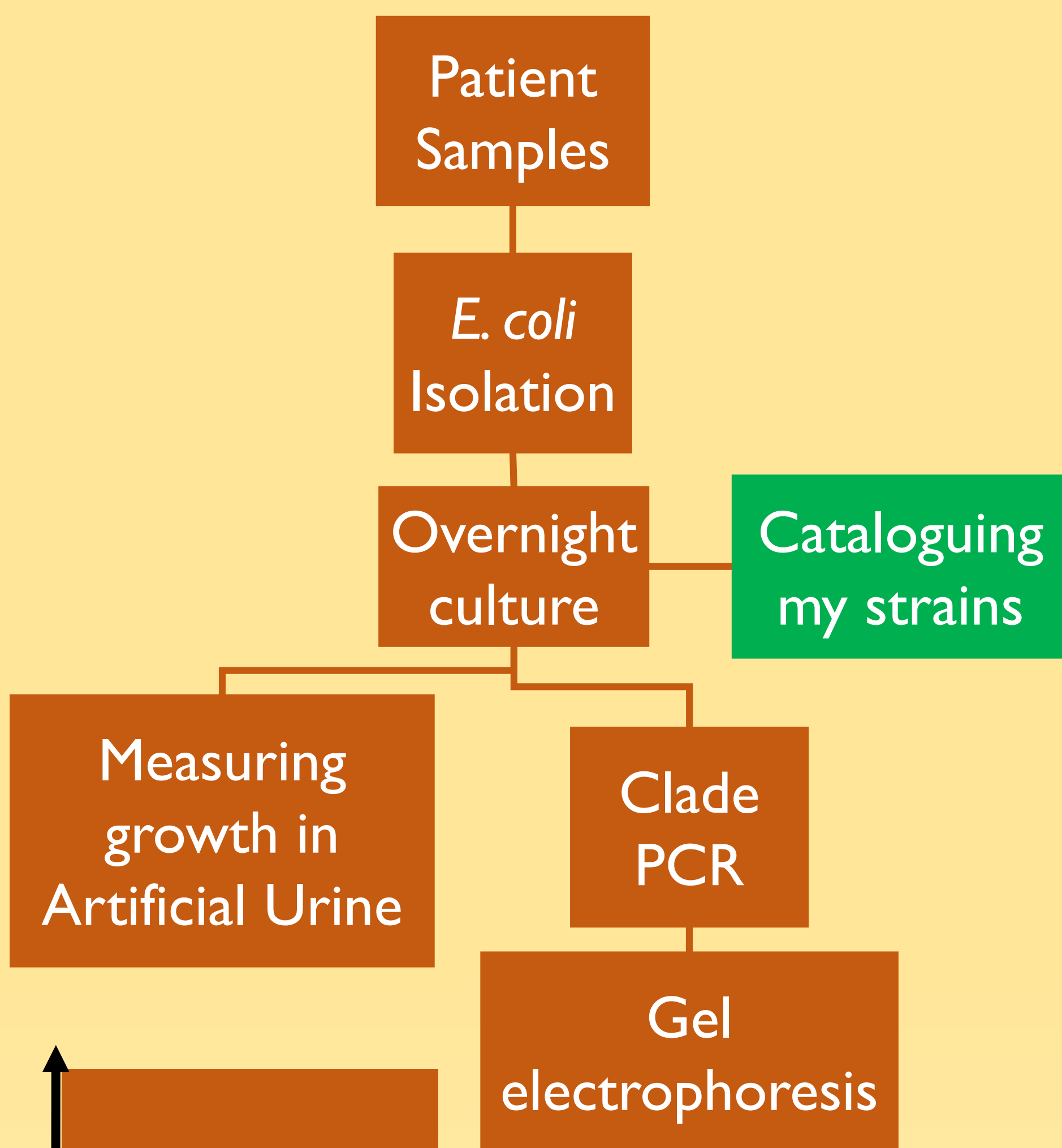
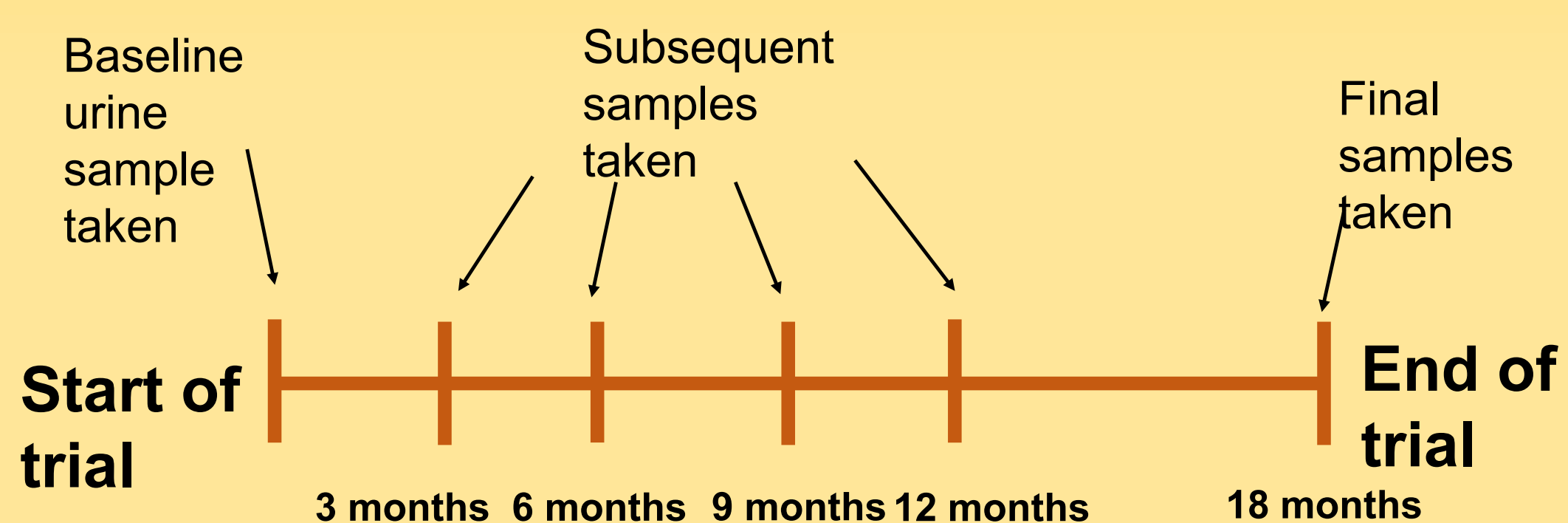
**AnTIC** – Clinical trial testing the effect of prophylactic antibiotics on the frequency of UTIs in catheter users.

**195 patients** – given prophylactic antibiotics.

**193 patients** – carried on as normal.

**Urine samples were collected from both every 3 months.**

## AnTIC Timeline



## Conclusion –

- Prophylaxis **does** appear to encourage a fitter *E. coli* population, whereas non-prophylactic groups exhibit reduced **fitness**.
- From **AnTIC** we can correlate prophylaxis with reduced symptoms in patients, improving their quality of life.
- So, does encouraging fitter pathogens actually improve patient quality of life?**