



TUSCALOOSA

EAR NOSE & THROAT

CENTER, P.C.

Any person on long-term antibiotic therapy or with a history of “yeast infection” while on antibiotic therapy or problems with “mouth ulcers” is advised to try the following things:

1. Lactobacillus or Acidophilous (These are available at health food stores and in the pharmacy department at most chain stores)
2. Eat yogurt with live active culture and drink buttermilk. It is also helpful to gargle with buttermilk.
3. Take multi-vitamin containing Zinc.
4. Avoid all “junk food” or hot spicy food.