

FACES OF AMR PROFILE STORIES



Megan Snair

“Antibiotics saved my life, but they are a tool that should be used at a specific time. People don’t understand the threat of overusing them. It’s important to spread more awareness.”

For Megan Snair, her experience with an infection fortunately only lasted a week – but it has turned into a lifetime of heightened awareness and action. After the birth of her second child, Megan was feeling good. She had a straightforward delivery and headed home after the standard couple of days. But, when Megan got home, it was anything but typical.

She started experiencing strange symptoms. The worst was excruciating pain that prevented her from being able to lie on her back or right side. Next came shortness of breath and an increased heart rate. She managed to take her newborn to his two-day check-up but by the time she got home, she felt worse and insisted that she go back to the emergency room.

While there, doctors debated the root of her symptoms, adding to the complexity that at no time did Megan have a fever. After a battery of tests and lab work – and more than six hours at the hospital – Megan was referred to the ICU and her husband and newborn headed home. She received more tests and scans, and the next day, doctors believed that her gall bladder was infected due to swelling.

After spending nearly a full day prepping for surgery, Megan met with a member of the surgical team who confirmed that something was wrong – but it was not her gall bladder. And while the doctor didn’t know exactly what was wrong, it did mean that she would be able to avoid abdominal surgery, which was good news. It took another doctor to identify that the problem was group A Streptococcus based on the results of the tests and cultures from Megan’s first night in the hospital. Group A strep can cause many different infections that range from minor illnesses to very serious and, in some cases, deadly diseases. She developed a blood infection that had become septic.

Armed with this knowledge, the medical team prescribed the best antibiotic to treat the infection. Megan felt better almost instantly. She could stand up and get out of bed without pain. She could walk around. Her heart rate was slowing down. Megan feels fortunate that doctors could pinpoint and address the issue so quickly. Today, Megan’s heightened awareness has motivated her to share her experience to help educate others on the possible impacts of infections and the importance of getting medical attention early. As someone who works in the public health policy space, Megan also advocates for more innovation to help develop new antibiotics to address the growing problem of antimicrobial resistance and the need for heightened antibiotic stewardship.

