

HEALTH & SAFETY CORNER

Side Effects of Non-steroidal Medication

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Non-steroidal anti-inflammatory drugs (NSAIDs) are medicines commonly used to treat pain, inflammation, redness, or swelling caused by trauma, arthritis, or inflammatory disease conditions. Some examples of NSAIDs are Motrin, Advil, Aspirin, Celebrex, Naproxen, Vioxx, etc.. These drugs have their benefit, but also have their downfalls. Over 15,000 Americans per year will die from complications from NSAID therapy and 6% of people taking these drugs will require hospitalization just from the side effects or from drug interactions.

Some of the side effects and adverse reactions of NSAIDs are: anemia, edema, dizziness, gastritis, headache, gastrointestinal bleeding, hepatitis, blood chemistry changes, kidney toxicity, vertigo, rash, etc., the list can go on and on.

Most NSAIDs can be safely used for 2-3 days without any complications. When these drugs are used for longer periods, virtually all patients will suffer some complication which can range from microbleeding in the GI tract to liver or kidney damage. It is extremely important to follow all label instructions and precautions. Also, it is very important to be aware these drugs have interactions with other medications that you may be taking and you should only use them if you have consulted with your physician or pharmacist who know your medical history.

So be aware of what we put in our bodies....