

The One Potentially Deadly Thing Everyone Has in Their Medicine Cabinet

KEY:

Non Steroidal Anti-Inflammatory Drugs (NSAIDs)
Over the Counter (OTC)
Prescription (Rx)

- NSAIDs are among the most dangerous medications on the market.
- 70 million prescriptions NSAIDs worldwide
- 60 million Americans use them (OTC or Rx)
- **About 68% of the NSAID Rx recipients in the USA are over 74 years of age.**
- 40-60% increased risk cardiovascular problems
- 60% increased risk of congestive heart failure
- 7% or 7,000 are hospitalized with gastrointestinal complications annually
- 25% of 27,000 men had hearing loss
- 10-20% increased risk of increased allergic reaction in asthmatics
- 80% risk of miscarriage associated in NSAID and Aspirin use.

Precaution: (NOT SAFE TO USE WHEN)

Pregnant, breast feeding, pediatric, **geriatric (60 years of age and up)**

Contraindication:

(When you *MUSTN'T* take NSAIDs)

Hypersensitivity, severe sino-atrial, arterioventricular or intra-ventricular block, Adams stroke syndrome

SOME NSAID NAMES:

Tylenol, Aspirin, Celecoxib, Motrin, Advil, Aleve, Ibuprofen, Naproxen, Diclofenac, Etoricoxib, Rofecoxib, Lumiracoxib

Many cold and allergy drugs contain NSAIDs

Serious Side Effects Include:

- ⊙ Heart Attack (due to cardiovascular collapse)
- ⊙ High Blood Pressure
- ⊙ Heart Failure from body swelling (fluid retention)
- ⊙ Kidney Problems including kidney failure
- ⊙ Bleeding and ulcers in the stomach and intestine
- ⊙ Low red blood cells (anemia)
- ⊙ Life-threatening allergic reactions
- ⊙ Liver problems including liver failure
- ⊙ Asthma attacks in people who have asthma

Other Side Effects:

Stomach Problems
Constipation
Diarrhea
Gas
Heartburn
Nausea
Vomiting
Dizziness
Euphoria
Confusion
Drowsiness
Tinnitus (ringing in the ears)
Blurred vision
Tremors
Twitching
Bradycardia (heart rate too slow)
Hypotension (low blood pressure)
Skin rashes
Edema
PMID= Pubmed ID number
(found on pubmed.gov)

Safer Daily Alternatives Instead of Reaching for an NSAID:

- * Reduce grains and sugars
- * Vitamin D
- * Omega 3 Essential Fatty Acids
- * Natural Alternatives- See your Naturopathic Medical Doctor
- * Earthing/ Grounding- walking barefoot outside
- * Stress relief- Breathing deeply, Exercise, Emotional Freedom Technique (EFT), Yoga



References are found on the other side or next page

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<http://www.medscape.com/viewarticle/735672>

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